

## PHYSICAL EDUCATION CURRICULUM—GRADES 7-12

### ACTIVITY CALENDAR

MAJOR ACTIVITIES	# OF WEEKS	NYS *	NASPE **
Fitness	Throughout	1,2,3	1,2,3,4,5,6
Soccer	2-3	1,2	1,2,5
Football	1-2	1,2	1,2,5
Rugby	1-2	1,2	1,2,5
Archery	2	2,3	2,5,6
Orienteering	2	1,3	1,2,6
Weight / Cross Training	2-3	1,2,3	1,2,3,4,5,6
Softball	2	3	1,2
Cricket	2	3	1,2
MINOR ACTIVITIES			
Climbing Wall	1	1,2,3	1,2,3,4,5,6
Lacrosse	1-2	2,3	2,6
Square Dancing	1	2,3	2,5,6
Basketball	2	1,2	1,2,3,5
Mini-Golf	1-2	2,3	2,6
Team Handball	2	2,3	2,6
Tennis	1	1,2,3	1,2,3,4,5,6
Badminton	2-3	1,2	2,5,6
Bocce	1	2,3	2,6
Frisbee / Golf / Ultimate	2	1,2,3	1,2,6
Ping Pong / Shuffleboard	1	2,3	2,6
Omni Kin	1-2	1,2	1,2,5
MINI ACTIVITIES			
Yoga	1	1,2,3	1,2,3,4,5,6
Self Defense	1	2	2,5
Cold Weather Survival	1	2,3	5,6
Tae Bo	1	1,2,3	1,2,3,4
Presidential Physical Fitness Test +	1	1,2,3	1,2,3,4,5,6

\* New York State Learning Standards  
view standards (<http://www.emsc.nysed.gov/ciai/pe/pels.html>)

\*\* National Association of Sport & Physical Education Learning Standards  
view standards (<http://www.aahperd.org/whatwedo/nationalStandards.cfm>)

+ Presidential Physical Fitness Awards  
**President's Challenge—Physical Fitness Test** (<http://www.presidentschallenge.org/>)