

Scope & Sequence

Ohana Means Family



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Demographics

Location: Honolulu, HI

Population: As of July 1, 2015, the population estimates 998,714

Type of School District: Urban/Rural

Number of Schools:

Elementary: 39

Intermediate: 9

High School: 6

Number of Students: 34,350

Number of Teachers: 2.237

Median Household Income: \$73,581

Education:

High School Graduate or Higher, percent of persons age 25 years +, 90.7%

Bachelor's Degree or Higher, percent of persons age 25 years +, 32.5%

Race & Hispanic Origin:

White alone: 23.3%

Black or African American alone: 3.3%

American Indian and Alaska Native alone: 0.4%

Asian alone: 42.2%

Native Hawaiian and Other Pacific Islander alone: 9.3%

Two or More Races: 21.6%

Hispanic or Latino: 9.8%

White alone, not Hispanic or Latino: 19.5%

Mission Statement

Our mission, as the Health and Physical Education Department of the Honolulu School District, is to provide essential education regarding optimal healthy life choices through the maintenance of healthy lifestyles. The Health and Physical Education Department is staffed with a devoted 2,237 professional educators, all advocates for lifelong fitness and healthy lifestyles. Our education plan gives our students exploration of their physical health through various approaches and activities. We appeal to the learning styles of all students through an extensive and creative curriculum aligned with the state standards and expectations of current scholarly accepted health trends. Health education gives students the comprehensive intellect to implement their gains in our classrooms and physical education programs as lifelong contributions to their over all health. We provide education because our staff is committed to creating students that understand the core importance of positive habituation and choices.



Curricular Goals

Health and Physical Education Program Goals

	K-5	6-8	9-12
Cognitive	PE1- Students will explain why movement is important for developing a healthy life.	PE1- Students will determine how to increase their activity.	PE1- Students will explain how to use movement skills during activities.
	PE2- Students will state healthy and unhealthy behaviors.	PE2- Students will be understand how skills can be transferred across different scenarios.	PE2- Students will understand how physical activity is beneficial to their health.
	HE1- Students will understand that their everyday life choices affect future situations.	HE1- Students will think of ways to deal with unhealthy scenarios and how to avoid them.	HE1- Students will understand the relationship between the choices they make and their outcomes.
	HE2- Students will recall the importance of communication skills to increase health and avoid risk behaviors.	HE2- Students will examine why communication skills are an important aspect of getting help and avoiding risk behaviors.	HE2- Students will explain the importance of healthy communication skills in avoiding risk behaviors.
Affective	PE1- Students will express enjoyment as they go through different movement patterns.	PE1- Students will identify why they like and dislike certain types of locomotor and non-locomotor activities.	PE1- Students will understand how lack of physical activity is harmful.
	PE2- Students will contribute to class utilizing good sportsmanship.	PE2- Students will value good sportsmanship throughout all facets of Physical Education.	PE2 -Students will display good attitudes towards other students, regardless of skill level.
	HE1- Students will examine individual perspectives, attitudes, and beliefs regarding healthy behaviors.	HE1- Students will appreciate the perspectives and beliefs of other students in regards to healthful behaviors.	HE1- Students will advocate the perspectives and beliefs of other students in regards to health behaviors.
	HE2- Students will value learning how pressures and influences can result in a healthy or unhealthy lifestyle.	HE2- Students will be advocates in school to eliminate negative behaviors.	HE2- Students will actively encourage others to seek out professional help when needed.

Psychomotor	PE1- Students will demonstrate movement skills across a wide variety of activities.	PE1- Students will take fundamental skills and incorporate them into game-like situations.	PE1- Students will demonstrate accurate movement skills across a wide variety of activities and incorporate them into game-like situations.
	PE2- Students will perform fundamental and basic movement patterns.	PE2- Students will increase their physical health from the start to the end of the year.	PE2- Students will fully engage and compete with their peers accepting all ability levels.
	HE1- Students will construct a safe environment with their peers.	HE1- Students will demonstrate an understanding of basic safety skills.	HE1- Students will practice goal setting and construct plans to achieve them.
	HE2- Students will demonstrate effective health behaviors.	HE2- Students will act out scenarios to showcase healthy behaviors.	HE2- Students will increase self-efficacy through activities in class by working cooperatively with one another.

Broad Content Areas & Definitions

P.E.

K-5:

1. Fundamental Movements:

Fundamental movements will include locomotor and nonlocomotor movements. Locomotor movements include walking, running, skipping, hopping, jumping, galloping, and moving in patterns that will be incorporated into different games and activities. Nonlocomotor movements include twisting, turning, bending, swaying, spinning, and stretching.

2. Manipulative Skills:

Manipulative Skills will include using gross motor skills to move a variety of objects. For example rolling, bouncing, kicking, spinning, throwing, hitting, and striking are all manipulative skills.

3. Fitness:

Fitness will include educating students about the importance of cardiovascular health, muscular endurance, muscular strength, flexibility, and body composition.

4. Aquatics:

Aquatics will include individual and team water sport activities both in the water and on the water. Some examples of aquatic activities include the following: water polo, diving, relay races after learning multiple styles of swimming and strokes, surfing and paddling, paddle boarding, kayaking, canoeing, and rowing.

5. Modified Team Sports:

Modified Team Sports will include game-like situations that will be made smaller, allowing for more repetitions in order to focus on skill development.

6-8:

1. Dual & Yard Sports:

Dual & Yard Sports will include competition activities that will act as vehicles to administer integral movement lessons and game components. This content area encompasses activities that involve learner-centered achievement. Students are called upon to address various skill components to formulate success through compiled processes during lessons and activities.

2. Outdoor Adventure Cooperative Activities:

Outdoor Adventure Cooperative Activities will include adventure exploration and learning which provides education and achievement through cooperative and critical thinking situations. Problem solving and mutual goal achievement helps to create students that are prepared and self aware of the various channels that guide success.

3. Individual Sports:

Individual Sports will include students being taught to implement their own strategies and integral skill concepts through kinesthetic competition. Individual Sport study gives students the authority to guide their own skill acquisition, learning successes, and strategy implementation during activity. Solo activities help prepare students to act and address their own steps and movement toward goal completion.

4. Team Sports:

Team Sports will include sport education to help create a forum for students to learn team dynamics, rule acquisition, and kinesthetic lessons through coordinated group activity. Team participation allows for students to create a learning environment highlighted by cooperative skill, effort, and sportsmanship practices.

5. Fitness:

Fitness education will include evaluating the components of health and exercise as catalysts for wholesome living. Stud of fitness provides a sound foundation for understanding components of activity that help fuel the creation of a well rounded lifestyle and human being.

9-12:

1. Team Sports:

Team Sports will include activities that enable students to build teamwork amongst one another and learn offensive/defensive strategies. Team sports will consist of invasion and net sports that will focus on harnessing students' skills while allowing them to achieve the same objective.

2. Individual/Dual Sports:

Individual/Dual Sports will include activities that will allow one to two students working to achieve a common goal. Individual sports will allow students to experience personal achievement and be self-directed learners.

3. Fitness:

Fitness activities will allow students to set, implement, and achieve their goals through activities that will be engaging and challenging. Activities will be aimed to focus on their health related fitness components and will teach the importance of being both physically fit and physically active.

4. Aquatics:

Aquatics will include water-based activities that will challenge students' abilities to combine complex non-locomotor skills with basic motor skills to achieve a set goal.

5. Adventure/Outdoor Activities:

Adventure/Outdoor activities will include activities that will challenge students to work together in a safe manner while pushing them out of their comfort zone in order to accomplish a common goal.

Health:

K-5:

1. Nutrition:

Nutrition will include facilitating eating habits, goal-setting, and promoting a balanced caloric intake and the importance of healthy eating in order to avoid diseases and disorders.

2. Personal Health and Safety:

Personal Health and Safety will include addressing street safety, strategies to help students develop decision-making skills to keep themselves free of danger in real life situations, and promote healthy life choices to help prevent diseases and health risks.

3. Mental/Emotional:

Mental/Emotional health will include learning the importance of developing healthy relationships, a positive self-image, managing feelings and emotions, dealing with social difficulties, and creating strategies for overall well being.

6-8:

1. Nutrition:

Nutrition will include providing students with pertinent information regarding their food and beverage choices. Formation of positive goals and choices illuminates our nutrition study and helps students become practitioners of daily healthy eating.

The goal of nutrition is to prepare students for healthy habituation and practices regarding food, drink, and content knowledge.

2. Growth and Development:

Growth and Development will include educating students about all stages of health, which are the following: physical, psychological, and social health. Moving through study and analysis of crucial periods such as infancy, puberty, adolescence, and adulthood gives students a better understanding of expectations and principles guiding healthy growth.

3. Drugs, Alcohol, and Tobacco:

Drugs, Alcohol, and Tobacco will include the study of drugs, alcohol, and tobacco, which will generate a map of knowledge that gives our students leverage when saying no. Education about these topics helps increase prevention, awareness, and say-no advocacy.

9-12:

1. Family Life:

Family Life will include building communication skills through learning how interpersonal relationships between family/friends relate to sexuality. Students will learn how to actively make healthy choices regarding their relationships and sexuality.

2. Drug Education:

Drug Education will include learning about how drugs influence students in their lives in both positive and negative ways. Students will also understand the different categories in which certain drugs fall under and the effect those drugs have on both the body and mind.

3. Disease Education:

Disease Education will include understanding what the best practices are in order to avoid contracting diseases and how diseases affect the body and mind.

K-5 Scope and Sequence

		K	1	2	3	4	5
Fundamental Movements							
Walking							
	Point to Point	1					
	Line Walking	1					
	Speed Up/ Slow Down		1				
	Change of Direction				1		
	Beam Walking					1	
	Terrain			1			
Running							
	Proper Form			1			
	Point to Point	1					
	Speed Up/ Slow Down		1				
	Pacing				1		
	Change of Direction					1	
	Terrain			1			
Jumping							
	Height			1			
	Distance				1		
	Direction		1				
	Over Objects				1		
	Jump Rope				1		
	Sport Related					1	
Non-locomotor							
	Twisting	1					
	Turning	1					
	Bending	1					
	Swaying	1					
	Spinning	1					
	Stretching		1				
Skipping							
	Height			1			
	Distance			1			
	Contralateral Movements			1			
	Core Stability			1			
	Body/Space Awareness			1			
	Footwork Skills			1			
PE Content Area 1 Totals		8	4	10	5	3	0

Manipulative Skills							
Rolling							
	Mechanics		1				
	Bowling		1				
	Bocce				1		
	Kickball			1			
	Body	1					
	Hula Hoops		1				
Bouncing							
	Mechanics	1					

	Basketball Dribbling					1	
	One Hand vs. Two Hands			1			
	Basketball Bounce Pass		1				
	Bounce & Catch					1	
	Dominant vs. Nondominant Hands						
Kicking							
	Soccer Dribbling	1					
	Soccer Pass	1					
	Soccer Shot			1			
	Kickball			1			
	Target				1		
	Speed/Distance					1	
Throwing							
	Mechanics		1				
	Distance				1		
	Soccer Throw			1			
	Softball & Baseball Throw			1			
	Target				1		
	Football Throw					1	
Striking							
	Baseball Hit			1			
	Moving vs. Stationary Objects				1		
	Volleyball Spike						1
	Four Square				1		
	Floor Hockey						1
	Force/Direction						1
PE Content Area 2 Totals		4	5	7	6	4	3

Fitness							
Cardiovascular							
	Rowing						1
	Running	1					
	Swimming		1				
	Hiking			1			
	Biking			1			
	Dancing	1					
Muscular Strength							
	Upper Body			1			
	Lower Body				1		
	Core	1					
	Fitness Testing Prep		1				
	Form	1					
	Interval Training						1
Muscular Endurance							
	Push ups			1			
	Sit ups	1					
	Flexed Arm Hang						1
	Squats						1
Flexibility							
	Yoga	1					
	Stretching	1					
	Fitness Testing Prep		1				

	Gymnastics			1			
	Dance	1					
	Sport-Related Activities				1		
Body Composition							
	Calculating BMI						1
	Skin Fold Testing						1
	Nutrition				1		
PE Content Area 3 Totals		8	3	5	3	3	3

Aquatics							
Swimming							
	Butterfly				1		
	Freestyle	1					
	Breaststroke				1		
	Wall-Turning						1
	Starting on the blocks						1
	Breathing Techniques			1			
Diving							
	Form					1	
	Diving for Objects		1				
	Forward vs. Backward						1
	Straight Dive		1				
	Off Diving Board				1		
	Off Platform						1
Board Sports							
	Surfing						1
	Paddling				1		
	Paddle Board						1
	Kayaking				1		
	Boogie Boarding			1			
	Wind Surfing						1
Water Polo							
	Treading			1			
	Offense						1
	Defense						1
	Shooting				1		
	Catching				1		
	Endurance						1
Recreation							
	Fishing			1			
	Scuba						1
	Snorkeling				1		
	Kite Boarding						1
	Skim Boarding				1		
	Body Boarding			1			
PE Content Area 4 Totals		1	2	5	9	1	12

Modified Team Sports							
Soccer							
	Passing		1				
	Shooting		1				
	Dribbling	1					

	Positions			1			
	Rules			1			
	Throw-ins			1			
Basketball							
	Bounce Pass		1				
	Chest Pass			1			
	Overhead Pass			1			
	Shooting				1		
	Dribbling			1			
	Rules				1		
Softball							
	Throwing		1				
	Catching		1				
	Hitting			1			
	Rules				1		
	Fielding				1		
	Pitching					1	
Football							
	Throwing					1	
	Catching					1	
	Passing					1	
	Rules						1
	Cutting					1	
	Defense vs. Offense						1
Volleyball							
	Overhead Set				1		
	Serving					1	
	Bump Pass					1	
	Spiking						1
	Rules						1
	Digs						1
PE Content Area 5 Totals		1	5	7	5	7	5

Nutrition							
Calories							
	Food Labels			1			
	Amount needed daily						1
	Healthful Choices				1		
	Food Journals					1	
	Empty Calories vs. Nutrient Dense						1
Unhealthy Choices							
	Fast Food		1				
	Fried Food		1				
	Junk Food		1				
	Food Journals					1	
	Plan for Change						1
	Educating Parents					1	
Diseases							
	Obesity				1		
	Anorexia						1
	Bulimia						1
	Cardiovascular Disease					1	

	Diabetes					1	
Food Categories							
	Fruits	1					
	Vegetables	1					
	Grains		1				
	Protein		1				
	Dairy		1				
	Fats		1				
Healthy Choices							
	Portion Control					1	
	Nutrition & Exercise						1
	Vitamins				1		
	Water Consumption					1	
	Smart Snacking					1	
	MyPlate						1
HE Content Area 1 Totals		2	7	1	3	8	7

Personal Health & Safety							
Hygiene							
	Showering	1					
	Dental	1					
	Puberty					1	
	Hand Washing	1					
	Dressing Appropriately for Weather	1					
	Medical Education (doctors, dentist				1		
Street Safety							
	Wearing Seat Belts	1					
	Wearing Helmets	1					
	Crossing the Street		1				
	Reading Signs/Signals				1		
	Stranger Danger	1					
Social							
	Interpersonal Communication			1			
	Recycling	1					
	Health Professionals				1		
	Friendships	1					
	Conflict Resolution				1		
Injuries/Illness							
	Spreading Illnesses					1	
	Germ Prevention	1					
	Diabetes						1
	Influenza					1	
	Allergies				1		
	Injury Prevention				1		
Fire Safety							
	Smoke Detectors			1			
	Planning an Exit				1		
	Emergency Calls	1					
	Stop, Drop, Roll	1					
	Security Drills	1					
	PASS-Fire Extinguishers				1		
HE Content Area 2 Totals		13	1	2	8	3	1

Mental/Emotional							
Stress Management							
	Relaxation Techniques				1		
	Time Management						1
	Exercise	1					
	Changing Feelings						1
	Yoga, Tai Chi		1				
	Focus on the Present				1		
Relationships							
	Communication Skills			1			
	Conflict Resolution				1		
	Cooperation			1			
	Abusive Relationships						1
	Characteristics of Healthy vs. Unhealthy Relationships				1		
Disorders							
	Depression						1
	Anxiety					1	
	Intellectual					1	
	Eating						1
	Self-Harm						1
Bullying							
	Reporting	1					
	Getting Help	1					
	Positive Encouragement			1			
	Resolution Education				1		
Peer Pressure							
	Drugs						1
	Alcohol						1
	Bad Choices	1					
	Bullying	1					
HE Content Area 3 Totals		5	1	3	5	2	8

Physical Education Total Offerings	22	19	34	28	18	23
Health Education Total Offerings	20	9	6	16	13	16

6-8 Scope and Sequence				
			6	7
				8
Dual and Yard Sports				
Unit 1 Horseshoes and Corn Hole				
	Skill 1 Game Set Up, Distances	1		
	Skill 2 Scoring Rules	1		
	Skill 3 Underhand Throwing	1		
	Skill 4 Defensive Strategies		1	
Unit 2 Table Tennis				
	Skill 1 Score Keeping, Changing Server	1		
	Skill 2 Self Feed Serving	1		
	Skill 3 Forehand With Paddle	1		
	Skill 4 Backhand With Paddle		1	
Unit 3 Tennis				
	Skill 1 Rotation, Rules	1		
	Skill 2 Bounce Serve	1		
	Skill 3 Forehand With Racket		1	
	Skill 4 Backhand With Racket		1	
	Skill 5 Overhead Serve			1
Unit 4 Bocce Ball				
	Skill 1 Rules, Equipment, Tossing		1	
	Skill 2 Judging Distances		1	
	Skill 3 Angle Analysis			1
	Skill 4 Force-Toss Correlation			1
	Skill 5 Different Variations			1
Unit 5 Badminton				
	Skill 1 Rules, Scoring		1	
	Skill 2 Serving		1	
	Skill 3 Forearm and Backhand Strikes		1	
	Skill 4 Doubles			1
	Skill 5 Strategies			1
PE Content Area 1 Totals		8	9	7
Outdoor Adventure, and Cooperative Activities				
Unit 1 Surfing				
	Skill 1 Wave Identification/ Water Safety	1		
	Skill 2 Paddling	1		
	Skill 3 Catching Wave	1		
	Skill 4 Kneeling			1
	Skill 5 Standing/ Steering			1
	Skill 6 Dismounting			1
Unit 2 Hiking				
	Skill 1 Trip Planning/Weather Readiness		1	
	Skill 2 Wildlife Identification		1	

	Skill 3 Orienteering			1
	Skill 4 Emergency Wilderness Survival			1
Unit 3 Rock Climbing				
	Skill 1 Knot Tying	1		
	Skill 2 Team Trust	1		
	Skill 3 Belaying			1
	Skill 4 Challenge by Choice			1
Unit 4 Archery				
	Skill 1 Archery Range Safety	1		
	Skill 2 Holding Bow	1		
	Skill 3 Notching Arrow, and Drawing Bow	1		
	Skill 4 Aiming		1	
	Skill 5 Aiming at Moving Targets		1	
Unit 5 Canoeing and Kayaking				
	Skill 1 Boat Safety	1		
	Skill 2 Moving Forwards and Backwards		1	
	Skill 3 Steering		1	
	Skill 4 Paddling as a Team			1
	Skill 5 Righting a Flipped Boat			1
PE Content Area 2 Totals		9	6	9
Individual Sports				
Unit 1 Swimming				
	Skill 1 Starting From Blocks, Relay Starts	1		
	Skill 2 Stroke Patterns, Free, Back, Breast, Fly		1	
	Breast, Fly		1	
	Fly			1
Unit 2 Track and Field				
	Skill 1 Starts		1	
	Skill 2 Baton Passing		1	
	Skill 3 Hurdles		1	
	Skill 4 High Jump			1
	Skill 5 Long Jump			1
	Skill 6 Shot Put, Javelin, Discus			1
Unit 3 Gymnastics				
	Skill 1 Somersault, Forward Roll	1		
	Skill 2 Cartwheel, Roundoff	1		
	Skill 3 Handstand, Front Walkover	1		
	Skill 4 Vaulting			1
	Skill 5 Balance Beam, Mount, Dismount, Walking, Turning			1
Unit 4 Golf				
	Skill 1 Grip and Stance		1	
	Skill 2 Putting		1	
	Skill 3 Chipping			1
	Skill 4 Driving			1

	Unit 5 Dancing			
	Skill 1 Aerobic Dance	1		
	Skill 2 World Culture Dances	1		
	Skill 3 Folk, and Local Dances		1	
	Skill 4 Contemporary and Modern Dancing		1	
	Skill 5 Creative Dance			1
	Skill 6 Ballroom Dance			1
	PE Content Area 3 Totals	6	9	10
	Team Sports			
	Unit 1 Soccer			
	Skill 1 Dribbling	1		
	Skill 2 Passing, Trapping	1		
	Skill 3 Shooting		1	
	Skill 4 Goaltending		1	
	Skill 5 Chest Trapping			1
	Skill 6 Clean Tackles			1
	Unit 2 Softball			
	Skill 1 Rules, Baserunning		1	
	Skill 2 Throwing, Catching with a Glove		1	
	Skill 3 Batting		1	
	Skill 4 Catching Popflies, and Grounders			1
	Skill 5 Batting for Accuracy			1
	Skill 6 Multiple Out Plays			1
	Unit 3 Volleyball			
	Skill 1 Bump Pass	1		
	Skill 2 Set Pass	1		
	Skill 3 Underhand Serve		1	
	Skill 4 Blocking		1	
	Skill 5 Spiking			1
	Skill 6 Overhead Serve			1
	Unit 4 Lacross			
	Skill 1 Cradling	1		
	Skill 2 Passing	1		
	Skill 3 Shooting/Goaltending	1		
	Skill 4 Strategies		1	
	Unit 5 Football			
	Skill 1 Throwing/Catching	1		
	Skill 2 Handoffs	1		
	Skill 3 Offensive and Defensive Positions		1	
	Skill 4 Reading Playbooks			1
	Skill 5 Writing Plays			1
	PE Content Area 4 Totals	9	9	9
	Fitness			

Unit 1 Cardiovascular				
	Skill 1 Heart Rate Monitoring	1		
	Skill 2 Pacing	1		
	Skill 3 Benefits	1		
	Skill 4 Running	1		
	Skill 5 Swimming	1		
	Skill 6 Biking		1	
Unit 2 Muscular Strength and Endurance				
	Skill 1 Weight Room Safety		1	
	Skill 2 Muscle Types		1	
	Skill 3 Resistance Bands			1
	Skill 4 Lifting for Power			1
	Skill 5 Exercise for Endurance			1
Unit 3 Flexibility				
	Skill 1 Range of Motion		1	
	Skill 2 Yoga		1	
	Skill 3 Dynamic Warm Up		1	
	Skill 4 Static Stretching		1	
	Skill 5 Partner Stretching		1	
Unit 4 Balance				
	Skill 1 Direction Activity	1		
	Skill 2 Starting and Stopping	1		
	Skill 3 Using Weight Shift in Sport	1		
	Skill 4 Coordination		1	
	Skill 5 Object Manipulation		1	
Unit 5 Agility				
	Skill 1 Spatial Awareness	1		
	Skill 2 Angles and Depth			1
	Skill 3 Cutting and Turing			1
PE Content Area 5 Totals		9	10	5
Nutrition				
Unit 1: Energy Breakdown				
	Skill 1 Defining Nutrition	1		
	Skill 2 Calories and Water		1	
	Skill 3 Proteins, Fats, Carbohydrates		1	
	Skill 4 Energy/ATP			1
	Skill 5 Vitamins/Minerals/Key Nutrients			1
Unit 2 Nutritional Content				
	Skill 1 Food Groups and Choices	1		
	Skill 2 Daily Recommended Intake		1	
	Skill 3 Misleading Information		1	
	Skill 4 Reading Labels			1
	Skill 5 Energy Yield			1
Unit 3: Diet				

	Skill 1 Daily Requirements	1		
	Skill 2 Meal Breakdown	1		
	Skill 3 Meal Planning		1	
	Skill 4 Personal Nutrition Log		1	
	Skill 5 Expectations			1
	Skill 6 What is Organic			1
Unit 4: Eating Disorders and Body Image				
	Skill 1 Eating for Health	1		
	Skill 2 Recognizing and Defining Disorders	1		
	Skill 3 Personal Acceptance		1	
	Skill 4 Athletics and Disorder		1	
	Skill 5 Prevention			1
	Skill 6 Awareness and Advocacy			1
Unit 5 Malnutrition				
	Skill 1 Decision Making	1		
	Skill 2 Tendencies	1		
	Malnutrition		1	
	Skill 4 Malnutrition Around the World		1	
	Skill 5 Community Service and Advocacy			1
HE Content Area 1 Totals		8	10	9
Growth and Development				
Unit 1 Organ Systems				
	Skill 1 Skeletal Muscular	1		
	Skill 2 Digestive	1		
	Skill 3 Circulatory		1	
	Skill 4 Endocrine		1	
	Skill 5 Nervous			1
	Skill 6 Reproductive			1
Unit 2 Social Emotional Health				
	Communication	1		
	Skill 2 Decision Making	1		
	Skill 3 Balance/Moderation		1	
	Skill 4 Stress Management		1	
	Skill 5 Self-Esteem, Self-Efficacy, Self-Concept			1
	Skill 6 Impacting Others			1
Unit 3 Family Life				
	Skill 1 Life Structure Impact on Wellness	1		
	Skill 2 Consumerism	1		
	Skill 3 Family Planning		1	
	Skill 4 Sexuality			1
	Skill 5 Mortality			1
Unit 4 Human Lifespan				
	Skill 1 Childhood	1		
	Skill 2 Puberty	1		

	Skill 3 Prenatal Development		1	
	Skill 4 Infancy		1	
	Skill 5 Adulthood			1
	Skill 6 Later Years/ Process of Age			1
Unit 5 Healthy Choices				
	Skill 1 Sleep/Rest	1		
	Skill 2 Peer Pressure		1	
	Skill 3 Enjoyment		1	
	Skill 4 Moderate Lifestyle			1
	Skill 5 Career/Occupational			1
HE Content Area 2 Totals		9	9	10
Drugs, Alcohol, and Tobacco				
Unit 1 Narcotics				
	Skill 1 Various Types	1		
	Skill 2 Physiological Effects	1		
	Skill 3 Receptor Analysis		1	
	Skill 4 Injury and Addiction		1	
	Skill 5 Addiction Characteristics: Opioids			1
Unit 2 Depressants/Hallucinogens				
	Skill 1 CNS	1		
	Skill 2 Comparing and Contrasting	1		
	Skill 3 Various Hallucinogens		1	
	Skill 4 Social Awareness		1	
	Skill 5 Psychological Addiction			1
	Skill 6 Neurotransmitter Activity			1
Unit 3 Stimulants				
	Skill 1 Psycho-Activity	1		
	Skill 2 Effects on CNS	1		
	Skill 3 Recognizing Stimulants		1	
	Skill 4 Stimulants in Schools		1	
	Skill 5 Stimulants in Pharmacology			1
	Skill 6 Addiction to hyperactivity			1
Unit 4 Anabolic Steroids				
	Skill 1 The Silent Addiction	1		
	Skill 2 Good Steroids: Corticosteroids Uses	1		
	Skill 3 Anabolic Steroid Use		1	
	Skill 4 Physiological Stimulation			1
	Skill 5 Additive Behaviors			1
Unit 5 Community				
	Skill 1 How Can I Recognize Addiction	1		
	Skill 2 Spread the Word	1		
	Skill 3 Civil Awareness		1	
	Skill 4 Programs			1
	Skill 5 Unity			1

HE Content Area 3 Totals	10	8	9
Physical Education Total Offerings	41	43	40
Health Education Total Offerings	27	27	28

9-12 Scope and Sequence

		9	10	11	12
Adventure/Outdoor					
Hiking					
	Safety/Equipment	1			
	Navigation/Survival	1			
	Hiking	1			
	Hiking			1	
	Hiking			1	
Fishing					
	Equipment/Material Use	1			
	Environments/Strategy	1			
	Fishing			1	
	Fishing			1	
	Fishing			1	
Mountain Biking					
	Safety/Equipment	1			
	Strategy/Terrain	1			
	Mountain Biking			1	
	Mountain Biking			1	
Rock Climbing					
	Safety/Equipment	1			
	Team Building	1			
	Strategy/Technique	1			
	Rock Climbing			1	
	Rock Climbing			1	
	Rock Climbing				
Archery					
	Safety/Equipment	1			
	Technique	1			
	Modified Games	1			
	Tournament			1	
	Tournament			1	
	Tournament				
PE Content Area 1 Totals		13	0	11	0

Team Sports					
Basketball					
	Dribbling	1			
	Passing	1			
	Shooting/lay-up	1			
	Offensive/Defensive Strategy		1		
	Tournament		1		
	Tournament		1		
Soccer					
	Dribbling	1			
	Passing	1			
	Shooting	1			
	Offensive/Defensive Strategy			1	
	Tournament			1	
	Tournament			1	
Rugby					
	Pick-up/Handle Ball			1	

	Receive/Control Pass			1	
	Catching/Pass			1	
	Offensive/Defensive Strategy				1
	Tournament				1
	Tournament				1
Flag Football					
	Throwing		1		
	Catching		1		
	Offensive Strategy		1		1
	Defensive Strategy				1
	Tournament				1
Ultimate Frisbee					
	Throwing	1			
	Catching	1			
	Offensive Strategy		1		
	Defensive Strategy		1		
	Tournament		1		
PE Content Area 2 Totals		8	9	6	6

Fitness					
Flexibility					
	Dynamic/Static Stretch	1			
	Isometric/Passive Stretch	1			
	PNF Stretch	1			
	Pilates				1
	Yoga				1
	Tai Chi				1
Weight Training					
	Rules/Safety		1		
	Core		1		
	Arms		1		
	Legs		1		
	Back		1		
	Chest/Back		1		
Dance					
	Basic/Intro Steps			1	
	Square Dance			1	
	Ball room			1	
	Line Dancing				1
	Jazz				1
	Hip-Hop				1
Track/Field					
	Relay	1			
	Hurdles	1			
	Long Jump	1			
	High Jump			1	
	Shot Put			1	
	Combined Events			1	
Water Fitness					
	Water Aerobics	1	1	1	1
	Freestyle	1			
	Breaststroke	1			
	Butterfly		1		
	Backstroke			1	
	Water Relays	1	1	1	1

PE Content Area 3 Totals		10	9	9	8
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Aquatic Sports					
Water Volleyball					
	Serve			1	
	Bump			1	
	Set/Spike			1	
	Offensive/Defensive Strategies				1
	Tournament				1
	Tournament				1
Misc. Games				1	
	Sharks and Minnows			1	
	Water Freeze Tag			1	
	Apple Relay				1
	Red Rover				1
	Marco Polo				1
	Water Volleyball				1
Rowing					
	Catch		1		
	Drive		1		
	Finish		1		
	Recovery		1		
	Tournament			1	
	Tournament			1	
Surfing					
	Board Choice/Footing			1	
	Popping up			1	
	Surf Prep			1	
	Paddle			1	
	Catch Wave/Surf				1
	Surf				1
Water Polo					
	Passing/Catching		1		
	Swimming with Ball		1		
	Offensive/Defensive Strategies		1		
	Tournament		1		
	Tournament				1
	Tournament				1
PE Content Area 4 Totals		0	8	12	11

Individual Sports					
Table Tennis					
	Serve	1			
	Forward/Backhand	1			
	Strategies/Technique	1			
	Tournament		1		
	Tournament			1	
	Tournament				1
Badminton					
	Serve	1			
	Forward/Backhand	1			
	Strategies/Technique	1			
	Doubles Tournament			1	
	Doubles Tournament			1	
	Doubles Tournament			1	

Pickleball					
	Serve		1		
	Forward/Backhand		1		
	Strategies/Technique		1		
	Doubles Tournament				1
	Doubles Tournament				1
	Doubles Tournament				1
Golf					
	Intro/Clubs			1	
	Grips			1	
	Putting				1
	Chipping				1
	Drive				1
	Mini Golf Tournament				1
Tennis					
	Serve		1		
	Forward/Backhand		1		
	Strategies/Technique		1		
	Doubles Tournament		1		
	Doubles Tournament				1
	Doubles Tournament				1
PE Content Area 5 Totals		6	8	6	10

Family Life					
Stress					
	What is stress?	1	1		
	What causes stress?	1	1		
	Side effects of stress?	1	1	1	
	How to overcome stress?			1	1
Coping					
	Dealing with loss	1			
	Denial	1	1		
	Anger		1		
	Bargaining			1	
	Depression				1
	Acceptance				1
Types of Relationships					
	Family	1			
	Friendships	1			
	Dating		1		
	Marriage			1	1
	Work			1	1
Sexuality/Sex Ed					
	Male Anatomy		1		
	Female Anatomy		1		
	Healthy Communication		1		
	Abstinence				1
	Pregnancy				1
	Contraception				1
STD/STI					
	How they are transmitted?		1		
	What resources are available?		1		
	Healthy Communication			1	
	Types of STD's/STI's				1
	Treatment of STD/STI				1

HE Content Area 1 Totals		7	11	6	10
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Diseases/Illness					
Auto-Immune					
	Type 1 Diabetes	1			
	Lupus	1			
	Multiple Sclerosis		1		1
	Rheumatoid Arthritis	1	1		
	Celiac Disease		1	1	
	Temporal Arthritis				1
Cancer					
	Bladder/Colon	1		1	
	Breast	1	1		
	Lung/Kidney	1	1	1	
	Brain/Leukemia			1	1
	Melanoma		1	1	
	Prostate/Thyroid			1	1
Neuromuscular					
	ALS	1		1	
	Muscular Dystrophy		1		1
	Motor Neuron Disease	1		1	
	Spinal Muscular Atrophy	1	1		
	Parkinson's			1	1
Vascular					
	Atherosclerosis		1	1	
	Aneurysm	1		1	
	Raynaud's Syndrome	1	1		
	Buerger's Disease			1	1
	Peripheral Venous Disease		1		1
	Lymphedema				
Mental/Intellectual					
	Major Depression	1	1		
	Anxiety		1	1	1
	Bipolar Disorder				
	Dementia				
	Schizophrenia				
	Obsessive Compulsive Disorder		1		1
	ADHD				
	Autism Spectrum Disorder	1	1	1	1
HE Content Area 2 Totals		12	14	13	10

Drugs					
Consumer Health					
	Obtaining Information on Drugs	1		1	
	Making the Right Choices	1		1	
	Consequences of Wrong Choices		1		
	Healthy Communication	1	1	1	1
	Drugs effects on Relationships		1		1
Over The Counter					
	Purpose of OTC Drugs	1		1	
	Generic vs Brand		1	1	
	Most Common OTC Drugs	1		1	
	Using OTC Drugs		1	1	1
Narcotics					
	What are Narcotics?	1	1	1	1

	Coedine		1		1
	Morphine	1		1	
	Oxycodone		1		1
	Tramadol	1		1	
	Hydrocodone			1	1
Hallucinogens					
	What are Hallucinogens?	1	1	1	1
	LSD	1		1	
	Peyote	1			1
	PCP		1		1
	Ketamine		1	1	
	Salvia	1			1
Alcohol					
	Use of Alcohol	1	1	1	1
	Effects on the Body	1	1		
	Alcoholism			1	1
	Drunk Driving			1	
	Healthy Communication		1		1
HE Content Area 3 Totals		14	14	17	14

Physical Education Total Offerings	37	34	44	35
Health Education Total Offerings	33	39	36	34

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