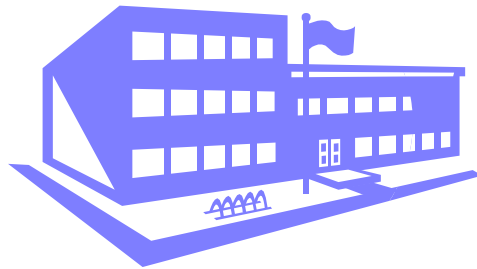


# Team Sequence

Scope and Sequence

*“Creating healthy, happy, active lifelong learners”*



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# **School District Demographics**

Located in suburban southern New Jersey, our district is a growing K-12 district composed of eight schools.

## **School Information**

Number of Schools: 8  
Total Enrollment: 4,551  
Certified Staff: 420  
Support Staff: 319  
Average Class Size: 19  
Cost Per Pupil: \$9,879

## **District Funding**

General Fund Budget: \$47,352,518  
Local Tax Support: 86%  
State Aid Support: 12%  
Federal Aid Support: 2%

## **Student Population**

White: 3,689  
Black: 457  
Asian: 259  
Hispanic: 156  
American Ind./Alaskan: 11  
Male: 2359  
Female: 2213

## **Mission**

The purpose of health and physical education is to provide students with the appropriate knowledge to lead a healthy, active lifestyle.

This means not only being physically active, but being able to make educated decisions and lifestyle choices. It is our responsibility to provide students with the tools, information and resources necessary to apply their knowledge and to present it in an understandable and genuine manner. Students should acquire the sense of enjoyment and confidence needed to remain physically active for a lifetime through rich health and physical education experiences. It is our hope that these characteristics will carry through to all facets of life, creating responsible, happy adults.

# Curricular Goals

## Grades K-5

### *Psychomotor:*

1. Students will be able to perform locomotor and non-locomotor movement patterns in a variety of activities.
2. Students will be able to perform basic sports skills.
3. Students will be able to move safely through space.

### *Cognitive:*

1. Students will be able to identify locomotor and nonlocomotor movement
2. Students will know vocabulary related to physical education (i.e. parts of the body, fitness)
3. Students will know and be able to state safety rules.

### *Affective:*

1. Students will understand and apply the concept of teamwork.
2. Students will understand why safety is important.
3. Students will understand and be able to apply heart rate and breathing strategies during activity.

## Grades 6-8

### *Psychomotor:*

1. Students will be able to throw and catch an object for accuracy.
2. Students will be able to perform basic sport skills in competitive and recreational setting.
3. Students will be able to perform fitness skills to their personal best ability.

### *Cognitive:*

1. Students will be able to identify health related fitness components (i.e. muscular strength/endurance, flexibility, cardiovascular endurance, body composition).
2. Students should know the rules of a variety of sport activities.
3. Students should be able to identify the parts of the body and how they relate to activity.

### *Affective:*

1. Students will use cooperation and understanding in teamwork.

2. Students will analyze and work toward personal goals in physical activity on a daily basis.
3. Students will show the use of good decision making.

## **Grades 9-12**

### *Psychomotor:*

1. Students will be able to perform designed plays or movement sequences as a group or individual.
2. Students will use and perform a variety fitness components well.
3. Students will perform sports skills with proper form.

### *Cognitive:*

1. Students will know how the body systems respond to exercise.
2. Students will be able to identify the principles associated with training (i.e. FITT principal)
3. Students will know the correlation between inactivity and disease and illness.

### *Affective:*

1. Students will use assessment tools such as BMI and heart rate monitors in activity and be able to apply results.
2. Students will use be able to determine when and why to use specific sport/fitness skills in different situations.
3. Students should be able to put together a personal activity program and understand how to modify it according to life changes.

## Definitions of Scope and Sequence Content:

### K-5

Content 1: Foundational Skills- Movements skills and concepts need by students to progress to more specific skills and content.

Content 2: Integrated Skills- Information and activities that pertain to health and physical education and that can be taught in addition to other physical education content or as a separate lesson Information that is of value to students for a well rounded health and physical education.

Content 3: Fitness- Basic skills, background knowledge and activities that will promote physical activity.

Content 4: Sports Skills- Basic movements, forms and techniques used in sports, including handling equipment and basic games.

Content 5: Individual Activities – An introduction to types of activities that can be done alone or with a partner.

### 6-8

Content 1: Team Sports – An introduction to the basic rules, strategies and skills used when teams play against each other in a game setting.

Content 2: Individual and Dual Sports- An introduction to the basic rules, strategies and skills of sports that can be played alone or with a partner in recreational and competitive settings.

Content 3: Health Related Fitness – Skills and activities that focus on obtaining optimum health and preventing disease associated with inactivity. Emphasis is on understanding and achieving fitness through the fitness related components.

Content 4: Skill Related Fitness- Skills and activities that focus on improving fitness skills to achieve a better level of performance in activities.

Content 5: Adventure Activities- Activities that promote the use of teamwork, developing character, critical thinking and problem solving skills.

### 9-12

Content 1: Team Sports – Practice and refining team sport skills in a variety of recreational and competitive settings.

Content 2: Individual and Dual Sports - Practice and refinement of individual and dual sport skills in a variety of recreational and competitive settings.

Content 3: Fitness – Activities geared toward the attainment of personal fitness goals and objectives, evaluating progress through the use of various assessment tools.

<b>GRADES K-5</b>	<b>K</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>
<b>Content 1 Foundational Skills</b>						
<i>Topic 1 Non-locomotor</i>	X	X				
Bend / Stretch	X	X				
Twist / Swing	X	X				
Push / Pull	X	X				
<i>Topic 2 Locomotor</i>						
Walk/ Run	X	X				
Jump / Hop	X	X	X			
Slide /Gallop / Leap	X	X	X	X		
Skip	X	X	X	X		
<i>Topic 3 Balance</i>						
Two feet / one foot	X	X	X			
While moving / Objects		X	X	X		
<i>Topic 4 Body Awareness</i>						
Parts of the Body	X	X				
Body Shapes	X	X	X			
<i>Topic 5 Relationship / Space Awareness</i>						
People	X	X				
Objects	X	X				
Right / Left	X	X	X			
Personal Space / General Space	X	X	X			
Pathways	X	X	X			
<i>Topic 6 Coordination</i>						
Hand-eye	X	X	X	X		
Foot	X	X	X	X		
<b>Content 2 Integrated skills</b>						
<i>Topic 1 Safety</i>						
Following rules	X	X				
Stop, Look, Listen	X	X				
Who's safe? Important people	X	X	X			
During activity			X	X	X	
<i>Topic 2 Teamwork</i>						
Critical Thinking / Problem Solving			X	X	X	X
Leading and Following			X	X	X	
Working together Constructively				X	X	X
Sharing ideas and trying new things			X	X		
<i>Topic 3 Health</i>						
Hygiene	X	X	X		X	
Nutrition			X	X	X	X

Making Choices				X	X	X
Emotions	X	X			X	X
Preventing illness and disease					X	X
Drugs, medicine, poison	X	X	X		X	X
<i>Topic 4 Planning and Goal Setting</i>						
Categories and Organizing			X	X		
<i>Topic 5 Self Esteem / Value</i>						
Being special	X	X	X			
Differences and similarities		X	X	X		
Friendship			X	X	X	
Life skills/ Character Development				X	X	X
<i>Topic 6 Cultural Games /Activities</i>						
Cultural Festival Days / Activities from around the world		X		X		
Project – come up with a game or activity from another culture/country					X	
<b>Content 3 Fitness</b>						
<i>Topic 1 Cardiovascular</i>						
System – Heart / Lungs / Vessels				X	X	X
Assessing – monitors, breathing					X	X
Good Activities for the cardiovascular system				X	X	X
<i>Topic 2 Flexibility</i>						
Too much or too little, why stretch?		X	X		X	
<i>Topic 3 Muscular</i>						
Strength vs. Endurance					X	X
Activities that promote					X	X
Reading and recording results					X	X
<i>Topic 4 Body Composition</i>						
The right weight for you					X	X
Muscle, water, fat, tissue					X	X
<i>Topic 5 Fitness for Life</i>						
Balancing all of the components					X	X
<b>Content 4 Sport Skills</b>						
<i>Topic 1 Throwing</i>						
Underhand	X	X	X			
Overhand	X	X	X			X



Activities using both		X	X			X
<i>Topic 2 Catching</i>						
Object Sizes & textures	X	X				
Stationary alone & partner	X	X	X			X
Catching while moving			X	X		X
<i>Topic 3 Dribbling</i>						
Hand- technique		X	X			
Dribble-move / shoot				X		X
Foot – technique (inside toe, outside toe, stopping the ball)			X			X
<i>Topic 4 Passing</i>						
Passing to a partner stationary				X		
Passing while moving					X	X
<i>Topic 5 Kicking</i>						
Instep, front toe kick				X		
<i>Topic 6 Sport Games</i>						
Offense / Defense				X	X	
Basketball Basics						X
Soccer Basics					X	X
Volleyball Basics (w/beach ball)					X	X
Track Relays					X	
<b>Content 5 Individual Activities</b>						
<i>Topic 1 Dance</i>						
Different types of rhythms	X	X	X			
Line dancing				X	X	X
Square dancing					X	X
<i>Topic 2 Track and Field</i>						
Form, start & finish technique						X
Short distance - speed						X
Long distance - endurance						X
Training and record keeping						X
<i>Topic 3 Adventure</i>						
Obstacle course indoor		X	X	X		
outside					X	X
<i>Topic 4 Golf</i>						
Basics-Grip, swing					X	X
Putting					X	X
<i>Topic 5 Bowling</i>						
Rules, grip					X	X

<b>Grades 6-8</b>	<b>6</b>	<b>7</b>	<b>8</b>
<b>Content 1 Team Sports</b>			
<i>Topic 1 Soccer</i>			
Dribbling (L & R foot)	<b>X</b>	<b>X</b>	
Kicking (L & R foot)			
1. Shooting		<b>X</b>	<b>X</b>
2. Passing	<b>X</b>	<b>X</b>	
Throw-ins		<b>X</b>	<b>X</b>
Trapping(foot, leg, chest)	<b>X</b>	<b>X</b>	<b>X</b>
Heading			<b>X</b>
Offensive Strategies			<b>X</b>
Defensive Strategies			<b>X</b>
Rules & Safety	<b>X</b>	<b>X</b>	<b>X</b>
<i>Topic 2 Basketball</i>			
Dribbling (L & R Hand)	<b>X</b>	<b>X</b>	
Passing			
1. Chest Pass	<b>X</b>	<b>X</b>	
2. Over Head Pass		<b>X</b>	
3. Bounce Pass	<b>X</b>	<b>X</b>	
Shooting			
1. Jump shot			<b>X</b>
2. Standing shot	<b>X</b>	<b>X</b>	<b>X</b>
3. Foul shot	<b>X</b>	<b>X</b>	
4. Lay-ups		<b>X</b>	<b>X</b>
Offensive Strategies			<b>X</b>
Defensive Strategies			<b>X</b>
Rules & Safety	<b>X</b>	<b>X</b>	<b>X</b>
<i>Topic 3 Volleyball</i>			
Bump	<b>X</b>	<b>X</b>	
Set	<b>X</b>	<b>X</b>	
Serve	<b>X</b>	<b>X</b>	<b>X</b>
Offensive Strategies/positions			<b>X</b>
Defensive Strategies/positions			<b>X</b>
Rules & Safety	<b>X</b>	<b>X</b>	<b>X</b>
<i>Topic 4 Hockey</i>			
Shooting (No slap shots)		<b>X</b>	<b>X</b>
Passing	<b>X</b>	<b>X</b>	
Trapping	<b>X</b>	<b>X</b>	
Offensive Strategies			<b>X</b>
Defensive Strategies			<b>X</b>
Rules & Safety	<b>X</b>	<b>X</b>	<b>X</b>

<i>Topic 5 Football</i>			
Throwing	X	X	
Catching			
1. Standing Still	X	X	
2. Moving/run pattern		X	X
Passing plays		X	X
Running Plays		X	X
Offensive Strategies			X
Defensive Strategies			X
Rules & Safety	X	X	X
<i>Topic 6 Baseball/Softball/Wiffleball</i>			
Catching	X	X	
Throwing	X	X	
Hitting		X	X
Offensive Strategies			X
Defensive Strategies			X
Rules & Safety	X	X	X
<b>Content 2 Individual &amp; Dual Sports</b>			
<i>Topic 1 Golf</i>			
Proper Grips	X	X	X
Driving/Iron Play			X
Chipping		X	
Putting	X	X	
Rules & Safety	X	X	X
Course Etiquette			X
<i>Topic 2 Bowling</i>			
Proper Form			
1. Approach	X	X	
2. Grip	X	X	
3. Release	X	X	
Pin formations (Second attempt)		X	X
Rules & Safety	X	X	X
Scoring			X
<i>Topic 3 Tennis</i>			
Grips	X	X	X
Forehand Swing	X	X	
Backhand Swing	X	X	
Overhead Swing			X
Serving			X
Singles		X	X
Doubles	X	X	

Rules & Safety	X	X	X
<i>Topic 4 Frisbee</i>			
Proper Grip	X		
Throwing			
1. Still Target	X	X	
2. Moving Target		X	X
Catching			
1. "Alligator" Two hand	X		
2. Two hand	X	X	
3. One hand		X	X
Frisbee Golf			X
Rules & safety	X	X	X
<i>Topic 5 Badminton</i>			
Proper Grip	X	X	
Serving		X	X
Forehand Swing	X	X	
Back Hand Swing	X	X	
Overhand Swing		X	X
Rules & Safety			
<b>Content 3 Health Related Fitness</b>			
<i>Topic 1 Muscular Strength</i>			
1 repetition	X	X	
Max Repetition			X
Arms		X	X
Legs		X	X
Trunk	X	X	
Safety	X	X	X
<i>Topic 2 Muscular Endurance</i>			
Repetitions (8-15)	X	X	X
Push-ups	X	X	X
Sit-ups/crunches		X	X
Pull-ups/Flexed arm hang			X
<i>Topic 3 Flexibility</i>			
Before & after activities – why?	X	X	X
Appropriate Range of Motion		X	X
Personal Assessment – Beginning & End	X	X	X
Arms – shoulders, triceps, biceps, forearm	X	X	X
Legs – calf, quads, hamstring	X	X	X
Trunk –chest, abs, back(upper and lower)	X	X	X

Safety	X	X	X
<i>Topic 4 Cardiovascular Endurance</i>			
Personal Assessment – Beginning & End		X	X
Running in place	X		
Running around gym	X	X	
Mile Times		X	X
Walk/jog/run – Progression & benefits		X	X
Jump Rope (individual & group)	X		X
Fun Cardiovascular Activities	X	X	X
Safety – limits -	X	X	X
<i>Topic 5 Weight Control/Exercise Regime</i>			
Nutrition		X	X
Diet – making better choices		X	X
Exercise – benefits to health	X	X	X
Making Exercise life-long	X	X	X
Making your own exercise Regime/schedule			X
F.I.T.T. Principle		X	X
<b>Content 4 Skill-Related Fitness</b>			
<i>Topic 1 Agility</i>			
Line Jump	X	X	X
<i>Topic 2 Balance</i>			
One foot	X	X	
Two foot	X		
Moving	X	X	
In place (Non-locomotor)	X		
Balance Beam		X	X
Eye-closed Jumps, movements, positions		X	X
<i>Topic 3 Coordination</i>			
Dribbling two balls at once		X	X
Juggling		X	X
Dancing	X	X	X
Throwing/catching while moving	X	X	
<i>Topic 4 Power</i>			
Knees to feet			X
<i>Topic 5 Reaction Time</i>			
Coin Catch (on elbow)	X	X	
Do 1 activity, call out new, change (time	X		X

to change)			
Dollar bill/Pen Drop	<b>X</b>	<b>X</b>	
<i>Topic 6 Speed</i>			
Hill Clicks (2 or more)	<b>X</b>	<b>X</b>	<b>X</b>
<b>Content 5 Adventure Activities/Problem Solving/Teamwork</b>			
<i>Topic 1 Individual</i>			
Self "survival"		<b>X</b>	<b>X</b>
Knowledge			<b>X</b>
Problem solving skills			<b>X</b>
Moderate Physical fitness			<b>X</b>
Leadership		<b>X</b>	<b>X</b>
Creativity (think outside the box)		<b>X</b>	<b>X</b>
Safety		<b>X</b>	<b>X</b>
<i>Topic 2 Partners</i>			
Cooperation		<b>X</b>	<b>X</b>
Leadership		<b>X</b>	<b>X</b>
Communication Skills		<b>X</b>	<b>X</b>
Problem Soling Skills		<b>X</b>	<b>X</b>
Creativity (think outside the box)		<b>X</b>	<b>X</b>
Safety		<b>X</b>	<b>X</b>
<i>Topic 3 Small Group</i>			
Cooperation	<b>X</b>	<b>X</b>	<b>X</b>
Leadership	<b>X</b>	<b>X</b>	
Communication	<b>X</b>	<b>X</b>	
Problem Solving	<b>X</b>	<b>X</b>	
Competition/quick thinking		<b>X</b>	<b>X</b>
Creativity (think outside the box)	<b>X</b>	<b>X</b>	<b>X</b>
Safety	<b>X</b>	<b>X</b>	<b>X</b>
<i>Topic 4 Large group/half class</i>			
Cooperation	<b>X</b>	<b>X</b>	<b>X</b>
Leadership	<b>X</b>	<b>X</b>	
Communication			
1. Verbal	<b>X</b>	<b>X</b>	
2. Non-Verbal		<b>X</b>	<b>X</b>
Problem Solving	<b>X</b>	<b>X</b>	<b>X</b>
Competition/Quick thinking		<b>X</b>	<b>X</b>
Creativity (think outside the box)	<b>X</b>	<b>X</b>	<b>X</b>
Safety	<b>X</b>	<b>X</b>	<b>X</b>

<i>Topic 5 Large Group/whole class</i>			
Cooperation	<b>X</b>	<b>X</b>	
Leadership	<b>X</b>	<b>X</b>	
Communication			
1. Verbal	<b>X</b>	<b>X</b>	
2. Non-Verbal		<b>X</b>	
Problem Solving	<b>X</b>	<b>X</b>	
Teamwork	<b>X</b>	<b>X</b>	
Creativity (think outside the box)	<b>X</b>	<b>X</b>	
Safety	<b>X</b>	<b>X</b>	

<b>Grades 9-12</b>	<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>
<b>Content Area 1 Team Sports</b>				
<i>Topic 1 Football</i>				
Catching	<b>X</b>	<b>X</b>	<b>X</b>	
Throwing	<b>X</b>		<b>X</b>	
Blocking	<b>X</b>			
Patterns			<b>X</b>	<b>X</b>
Defensive Techniques		<b>X</b>	<b>X</b>	
Positions	<b>X</b>	<b>X</b>		
Rules/Safety	<b>X</b>	<b>X</b>	<b>X</b>	<b>X</b>
Tournaments			<b>X</b>	<b>X</b>
<i>Topic 2 Track/Field</i>				
Relays	<b>X</b>	<b>X</b>	<b>X</b>	<b>X</b>
Baton Passing		<b>X</b>	<b>X</b>	<b>X</b>
Hurdles			<b>X</b>	<b>X</b>
Starts	<b>X</b>			
Form	<b>X</b>			
<i>Topic 3 Basketball</i>				
Passing	<b>X</b>			
Dribbling	<b>X</b>			
Jump Shot	<b>X</b>	<b>X</b>	<b>X</b>	<b>X</b>
Lay Up	<b>X</b>	<b>X</b>		
Defensive Technique	<b>X</b>		<b>X</b>	
Rules/Safety	<b>X</b>	<b>X</b>	<b>X</b>	<b>X</b>
Tournaments			<b>X</b>	<b>X</b>
<i>Topic 4 Volleyball</i>				
Serve	<b>X</b>	<b>X</b>		
Spike				<b>X</b>
Volley	<b>X</b>	<b>X</b>		
Bump	<b>X</b>	<b>X</b>		
Formation	<b>X</b>			
Rotation	<b>X</b>	<b>X</b>		
Rules/Safety	<b>X</b>	<b>X</b>	<b>X</b>	<b>X</b>
Tournaments			<b>X</b>	<b>X</b>
<i>Topic 5 Softball</i>				
Batting	<b>X</b>	<b>X</b>		
Throwing	<b>X</b>		<b>X</b>	
Pitching	<b>X</b>		<b>X</b>	
Catching	<b>X</b>	<b>X</b>		
Fielding	<b>X</b>	<b>X</b>		



Positions	<b>X</b>		<b>X</b>	
Rules/Safety	<b>X</b>	<b>X</b>	<b>X</b>	
<i>Topic 6 Soccer</i>				
Dribbling	<b>X</b>	<b>X</b>		
Passing	<b>X</b>	<b>X</b>		
Goal Keeping			<b>X</b>	<b>X</b>
Blocking	<b>X</b>	<b>X</b>	<b>X</b>	<b>X</b>
Rules/Safety	<b>X</b>	<b>X</b>	<b>X</b>	<b>X</b>
<b>Content Area 2 Individual &amp; Dual Sports</b>				
<i>Topic 1 Golf</i>				
Hand Position	<b>X</b>	<b>X</b>	<b>X</b>	<b>X</b>
Swing Technique	<b>X</b>	<b>X</b>		<b>X</b>
Body Position	<b>X</b>	<b>X</b>		
Equipment Awareness			<b>X</b>	<b>X</b>
Rules/Safety	<b>X</b>	<b>X</b>	<b>X</b>	<b>X</b>
<i>Topic 2 Tennis</i>				
Serve	<b>X</b>		<b>X</b>	
Hand Position	<b>X</b>	<b>X</b>		
Volley	<b>X</b>	<b>X</b>		
Back-Hand	<b>X</b>	<b>X</b>		
Fore-Hand	<b>X</b>	<b>X</b>		
Doubles			<b>X</b>	<b>X</b>
Rules/Safety	<b>X</b>	<b>X</b>	<b>X</b>	<b>X</b>
Tournaments			<b>X</b>	<b>X</b>
<i>Topic 3 Frisbee</i>				
Catching		<b>X</b>	<b>X</b>	
Passing		<b>X</b>		
Rules/Safety		<b>X</b>	<b>X</b>	<b>X</b>
Tournaments			<b>X</b>	<b>X</b>
<i>Topic 4 Handball/Racquetball</i>				
Serve	<b>X</b>	<b>X</b>		
Volley	<b>X</b>	<b>X</b>		
Rules/Safety	<b>X</b>	<b>X</b>		<b>X</b>
Tournaments				<b>X</b>
<i>Topic 5 Badminton</i>				
Serve	<b>X</b>	<b>X</b>	<b>X</b>	<b>X</b>

Volley	<b>X</b>	<b>X</b>		<b>X</b>
Hand Position	<b>X</b>		<b>X</b>	
Swing Technique	<b>X</b>	<b>X</b>		
Rules/Safety	<b>X</b>	<b>X</b>	<b>X</b>	<b>X</b>
<i>Topic 6 Ping Pong</i>				
Serve	<b>X</b>	<b>X</b>		
Volley	<b>X</b>			
Hand Position	<b>X</b>	<b>X</b>		
Rules/Safety	<b>X</b>	<b>X</b>		
Tournaments	<b>X</b>	<b>X</b>		
<b>Content Area 3</b>				
<b>Fitness</b>				
<i>Topic 1 Weight Training</i>				
Free Weights		<b>X</b>	<b>X</b>	<b>X</b>
Machines		<b>X</b>		<b>X</b>
One Rep Max				<b>X</b>
Sets (3-4)			<b>X</b>	<b>X</b>
Reps (8-12)			<b>X</b>	<b>X</b>
Form		<b>X</b>	<b>X</b>	<b>X</b>
Bench-Press			<b>X</b>	<b>X</b>
Squat			<b>X</b>	<b>X</b>
Arm-Curls		<b>X</b>	<b>X</b>	<b>X</b>
Arm-Extensions		<b>X</b>	<b>X</b>	<b>X</b>
Leg-Curls		<b>X</b>	<b>X</b>	<b>X</b>
Leg-Extensions		<b>X</b>	<b>X</b>	<b>X</b>
Butterflies			<b>X</b>	<b>X</b>
Incline Bench-Press			<b>X</b>	<b>X</b>
Lat-Pull Downs			<b>X</b>	<b>X</b>
<i>Topic 2 Muscular Endurance</i>				
Push-Ups	<b>X</b>	<b>X</b>		
Pull-Ups	<b>X</b>	<b>X</b>		
Sit-Ups/Crunches	<b>X</b>	<b>X</b>	<b>X</b>	<b>X</b>
Dips	<b>X</b>	<b>X</b>		
<i>Topic 3 Injury Prevention</i>				
Warm-Up	<b>X</b>	<b>X</b>	<b>X</b>	<b>X</b>
Cool-Down	<b>X</b>	<b>X</b>	<b>X</b>	<b>X</b>
Stretching	<b>X</b>	<b>X</b>	<b>X</b>	<b>X</b>

<i>Topic 4</i>				
<i>Cardiovascular</i>				
<i>Fitness</i>				
Running	<b>X</b>	<b>X</b>	<b>X</b>	<b>X</b>
Jogging	<b>X</b>	<b>X</b>	<b>X</b>	<b>X</b>
Walking	<b>X</b>	<b>X</b>	<b>X</b>	<b>X</b>
Bounding			<b>X</b>	<b>X</b>

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