

**Hortonville Area School District**

**K-12 Physical Education Curriculum**

**September 2003**

# **Hortonville Area School District**

## **K-12 Physical Education Curriculum**

### *Mission Statement*

*Our Community Schools, committed to all students, will provide an accountable, quality education through challenging experiences and opportunities which develop skills and attitudes which prepare students to adapt, grow and excel in a global society.*

**September 2003**

## **Hortonville Physical Education**

### Fitness Education: The Shape of Things to Come

*The mission of our physical education staff is to foster an environment where students are physically and emotionally safe to explore and enjoy movement.*

At the elementary level, our philosophy is to develop students' competence in fundamental motor patterns within a positive and nurturing environment. These basic skills will form a solid foundation for participation in various sports and activities.

At the middle school level, our philosophy is to expose the students to a wide variety of sports and physical activities. The students will be able to discover different activities they enjoy and are motivated to participate in.

At the high school level, our philosophy is to provide students the opportunity to explore physical activities in greater depth and choose activities that will help them maintain a healthy lifestyle in the future.

**Hortonville Area School District  
Physical Education K-12 Unit Scope and Sequence**

| UNIT NAME                       | Grade Level |   |   |   |   |   |   |   |   |    |       |
|---------------------------------|-------------|---|---|---|---|---|---|---|---|----|-------|
|                                 | 1           | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11/12 |
| Active Team Games               |             |   |   |   |   |   |   |   |   |    | T     |
| Aerobics I                      |             |   |   |   |   |   |   |   |   |    | T     |
| Aerobics II                     |             |   |   |   |   |   |   |   |   |    | T     |
| Angling                         |             |   |   |   |   |   |   |   |   |    | T     |
| Archery                         |             |   |   |   |   |   |   |   |   |    | T     |
| Backpacking/Hiking/Orienteering |             |   |   |   |   |   | T |   |   | T  | T     |
| Badminton                       | T           | T | R | R |   | T |   |   | T | T  | R     |
| Basketball                      | T           | T | T | R | T | R | T | R | T | R  | R     |
| Body Conditioning               |             |   |   |   |   |   |   |   |   |    | T     |
| Bowling                         |             |   |   |   |   |   |   |   |   |    | T     |
| Cardiopulmonary Resuscitation   |             |   |   |   |   |   |   |   |   |    | T     |
| Cross-Country Skiing            |             |   |   |   |   |   |   |   |   | T  | R     |
| Curling                         |             |   |   |   |   |   |   |   |   |    | T     |
| Dance and Rhythms               | T           | R | R | R | R |   |   |   |   |    | T     |
| Field Hockey                    |             |   |   |   |   |   |   |   |   | T  |       |
| Floor Hockey                    | T           | R | R | R |   |   |   |   | T | R  | R     |
| Floor Table Tennis              |             |   |   |   | T |   |   |   |   |    |       |
| Football                        | T           | T | R | R | T | R |   |   | T | R  | R     |
| Frisbee Golf                    |             |   | T | R | T | R |   |   |   | T  | R     |
| Fundamental Movement            | T           | R | R | R |   |   |   |   |   |    |       |
| Golf                            |             |   | T | R |   |   | T | R |   |    | T     |
| Heart Rate Monitors             |             |   | T | R | T |   |   |   |   |    |       |
| Horizontal Traversing Wall      |             |   |   |   | T | R | R | R |   | T  | R     |
| Lawn Games                      |             |   |   |   |   |   |   |   |   |    | T     |
| Mountain Biking                 |             |   |   |   |   |   |   | T |   | T  | R     |
| Pedometers                      | T           | R | R | R |   |   |   |   |   |    |       |
| Personal Defense                |             |   |   |   |   |   |   |   |   |    | T     |
| Pickleball                      |             |   |   |   |   |   | T |   | T | T  | R     |
| Racquet Sports                  |             |   |   |   | T | T | T | T |   |    |       |
| Rollerblading                   | T           | R | R | T | T | T | R | R | T | R  | R     |
| Snowshoeing                     |             |   |   |   | T | R | R | R |   | T  | R     |
| Soccer                          | T           | T | R | T | T | R |   |   | T |    |       |
| Speedball                       |             |   |   |   |   |   | T | R | T | R  |       |
| Softball                        | T           | R | T | R | T | R | T | R | T | R  | R     |
| Team Building                   |             |   |   |   | T | R | R | T |   |    | T     |
| Team Handball                   |             |   |   |   |   | T | T | R | T |    | R     |
| Tennis                          |             |   | T | T |   |   |   |   |   |    |       |
| Ultimate Frisbee                |             |   |   |   |   |   | T | R |   | T  | T     |
| Ultra Flow                      |             |   |   |   |   |   |   |   |   | T  |       |
| Volleyball                      | T           | R | T | R | T | R | T | T | T | R  | R     |
| Weight Training                 |             |   |   |   |   |   |   |   | T | T  | T     |
| T = Taught    R = Review        |             |   |   |   |   |   |   |   |   |    |       |