

# 2007 - 2008 PHYSICAL EDUCATION CURRICULUM GUIDE

<p>#1 August 28 - October 5 Number of Teaching Days - 24 Switching Date - September 20 ** Per. 2 - 9/14 &amp; 9/27</p> <p><b><u>Freshmen</u></b> SWIMMING / Physical Fitness <u>Core Theme</u> - MyPyramid/Nutrition</p> <p><b><u>Sophomores</u></b> Tennis / Flag Football VOLLEYBALL</p>	<p>#2 October 8 - November 15 Number of Teaching Days - 27 Switching Date - October 25 ** Per. 2 - 10/22 &amp; 11/2</p> <p><b><u>Freshmen</u></b> TRACK / Self Awareness <u>Core Theme</u> - Character Development</p> <p><b><u>Sophomores</u></b> Tennis / Flag Football VOLLEYBALL</p> <p style="text-align: center;"><b>PSAT Oct. 17th (10&amp; 9?)</b></p>
<p>#3 November 19 - January 24 Switching Date - December 11 Number of Teaching Days - 28 ** Per.2 12/3 &amp; 12/18</p> <p><b><u>Freshmen</u></b> VOLLEYBALL / Lacrosse <u>Core Theme</u> - Too Good For Drugs Components of Physical Fitness</p> <p><b><u>Sophomores</u></b> Weight Training / Court Hockey</p> <p style="text-align: center;">**** <i>Finals Not Counted In Total</i></p>	<p>#4 January 28 - March 6 Switching Date - February 13 Number of Teaching Days - 31 ** Per. 2 - 2/6 &amp; 2/22</p> <p><b><u>Freshmen</u></b> CPR -FIRSTAID / Weight Training <u>Core Theme</u> - 30 Day FitnessPlan</p> <p><b><u>Sophomores</u></b> Rugby / Basketball / Ultimate Frisbee BADMINTON</p> <p style="text-align: center;"><b>CAHSEE Mar. 11&amp;12 (10)</b></p>
<p>#5 March 10 - April 25 Switching Date - April 7 Number of Teaching Days - 29 ** Per. 2 - 3/20 &amp; 4/14</p> <p><b><u>Freshmen</u></b> TENNIS / Basketball <u>Core Theme</u> - Product Awareness</p> <p><b><u>Sophomores</u></b> BADMINTON Ultimate Frisbee / Rugby / Soccer</p>	<p>#6 April 28 - June 12 Switching Date - May 16 Number of Teaching Days - 27 ** Per. 2 - 5/13 &amp; 5/28 **** <i>Finals Not Counted In Total</i></p> <p><b><u>Freshmen</u></b> BADMINTON <u>Core Theme</u> - Team Building Ultimate Frisbee / Soccer/ Flag Football</p> <p><b><u>Sophomores</u></b> Lacrosse / Archery</p> <p style="text-align: center;"><b>STAR Apr. 29,30, May 1 (2 PER/DA)</b></p>

**Important Dates:**

**Fall:**

October 5 = 6 Weeks  
 October 19 = Staff Development  
 November 15= 12Weeks  
 November 16= In Service  
 January 15 -17= Finals  
 January 18 = Grades/In-Service

**Spring:**

March 6 = 6 Weeks  
 March 7 = Staff Development  
 April 25 = 12 Weeks  
 June 10 - 12 = Finals  
 June 12 = Grades Due