

## Curriculum Map: High School Physical Education

Essential Questions	Grade Level Scope and Sequence
<p>Health</p> <ol style="list-style-type: none"> <li>1. What foods should we eat?</li> <li>2. In what kind of fitness activities should we engage?</li> <li>3. What does it mean to be healthy?</li> <li>4. How can we be mentally and emotionally healthy?</li> <li>5. Why is fitness important?</li> <li>6. Why do people abuse substances?</li> </ol> <p>PE</p> <ol style="list-style-type: none"> <li>1. What is fitness?</li> <li>2. In what activities should we engage?</li> <li>3. How can we incorporate all of the components of fitness?</li> <li>4. Why is rest important?</li> <li>5. What is sportsmanship?</li> <li>6. Why are rules important?</li> </ol>	<p>Physical Education</p> <ol style="list-style-type: none"> <li>1. Endurance Sports</li> <li>2. Leisure and Lifetime Sports</li> <li>3. Fitness Testing</li> <li>4. Rules interpretation and recognition</li> </ol> <p>Health</p> <ol style="list-style-type: none"> <li>1. Fitness</li> <li>2. Nutrition</li> <li>3. Substance Abuse</li> <li>4. Mental and Emotional Health</li> <li>5. Reproductive Health and Relationships</li> <li>6. Diseases and Disorders</li> </ol> <p>Weight Training/Fit4Life/Lifetime Sports</p> <ol style="list-style-type: none"> <li>1. Proper weight training</li> <li>2. Heart Rate</li> <li>3. Rules interpretation and recognition</li> <li>4. Team Sports</li> </ol> <p>Fitness and Nutrition</p> <ol style="list-style-type: none"> <li>1. Components of Fitness</li> <li>2. Essential Nutrients</li> <li>3. Body Types</li> </ol>