**Olean High School**

**Physical Education Curriculum**

**2018-2019**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Date** | **8th Grade (1)** | **8th Grade (2)** | **9/12** | **9/12** | **9/12** |
| **9-5 - 9-13** | Intro | Locks | Regulations |  |  |
| **9/12 – 11/8 (21)**  **1st quarter** | **Coop. Games (3)**  **Tennis/HEART RATE (8)**  **CHOICE –(2)** | **COOPERATIVE GAMES (3)**  **SOCCER (8)**  **CHOICE (2)** | **Soccer (7)**  **Tennis(7)** | **FLAG Football (7)**  **FITNESS WALK (7)** | **LACROSSE/HANDBALL/ Speedball (7)**  **COOPERATIVE GAMES (7)** |
| **11/9-1/29 (22)**  **2nd Quarter** | **Volleyball (7)**  **NITRO/ECLIPSE ( 2)**  **TOURNEY/CHOICE (2)** | **Weight Training (7)**  **COOPERATIVE GAMES (2)**  **TOURNEY/CHOICE (2)** | **Volleyball (8)**  **Weight Room (8)** | **Weight Room (7)**  **ECLIPSE BALL (7)** | **VOLLEYBALL (7)**  **Weight Rm Activity (7)**  **SPIN** |
| **1/30-4/12 (23)**  **3rd quarter** | **Basketball (6)**  **BIG GAMES (5)** | **TABLE TENNIS (6)**  **WEIGHT ROOM (5)** | **Basketball (8)**  **WEIGHT ROOM (8)**  **TABLE TENNIS (8)** | **ULTIMATE FRISBEE (8)**  **COOPERATIVE GAMES (8)** | **BIG GAMES (7)**  **WEIGHT ROOM (7)**  **YOGA/PILATES/SPIN (7)** |
| **4/13- 6/ 10 (16)**  **4th Quarter** | **Badminton (4)**  **PICKLEBALL (4)** | **Wiffleball (4)**  **FLAG FOOTBALL (4)** | **Badminton (7)**  **Wiffleball (7)** | **Pickleball (6)**  **WIFFLEBALL (6)** | **LAWN GAMES (3)**  **Archery @ tennis courts (3)** |
| **6/11-6/17 (2)** | **COLLECT LOCKS** |  | **COLLECT LOCKS** |  |  |