**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** |  |  |