

Hendersonville Middle School

Physical Education Pacing Guide

The Physical Education curriculum here at Hendersonville Middle School is comprised of team sports as well as lifelong, individual sports. Throughout each of the 9 weeks, the students will be engaged in an array of topics that fulfill the obligations in the NCSCOS. We have learned from previous experience that if we incorporate the ability to choose from the Learning Focused strategies, our students will be more engaged in the activity, and have a lot of fun doing it. In class, we will allow the students a choice of up to three activities to participate in for that day. By doing this, they are participating in something that is of interest to them, thus making their experience more rewarding for all. On some days, the students will be given only one activity to choose from and they are expected to participate in this as well.

Topics of Participation:

1st 9 Weeks	2nd 9 Weeks	3rd 9 Weeks	4th 9 Weeks
Soccer	Indoor Soccer	Indoor Soccer	Lacrosse
Football	Battleball	Battleball	Field Hockey
Volleyball	Basketball	Basketball	Tennis
Indoor Soccer	Volleyball	Volleyball	Golf
Team Handball	Badminton	Badminton	Softball
Floor Hockey	Shuffle Board	Shuffle Board	Archery
Archery	Bowling	Bowling	Soccer
Ultimate Frisbee	Team Handball	Team Handball	Basketball
Basketball	(Blank)	(Blank)	Physical Fitness
Physical Fitness	(Blank)	(Blank)	(Blank)