BLUE VALLEY SOUTHWEST

GENERAL PE

UNIT PLAN

1ST SEMESTER

1. PHYSICAL DIMENSIONS- TEAM BUILDING ACTIVITIES
2. FITNESS PRE TESTING
3. LIFETIME FITNESS CONCEPTS
4. NUTRITION OUTLINE
5. POSSIBLE ACTIVITIES:

ULTIMATE FRISBEE, LACROSSE, FLAG FOOTBALL, TEAM HANDBALL, SOCCER, TENNIS, SOFTBALL, BASKETBALL

2ND SEMESTER

1. CPR
2. FITNESS POST TESTING
3. SWIM UNIT
4. GOAL SETTING
5. POSSIBLE ACTIVITIES:

PICKLEBALL, SWIMMING, VOLLEYBALL, HOCKEY, PING-PONG, BADMINTON, SOFTBALL, GOLF, BOWLING