

Unit-Based Yearly Plan

3 Week Units	6th Grade (Mix) Fitness 1X/week	7th Grade (Team) Fitness 2X/week	8th Grade (Individual & Dual) Fitness 2X/week
1	Procedures Cooperatives and Fitness	Procedures Cooperatives and Fitness	Procedures Cooperatives and Fitness
2	Cooperatives and Fitness	Cooperatives and Fitness	Cooperatives and Fitness
3	Volleyball	Football	Handball / Racquets and Paddles
4	Handball / Racquets and Paddles	Flying Disc (Team Activities)	Volleyball
5	Football	Basketball	Dance (Social)
6	Dance (Folk and Line)	Hockey	Jump Rope
7	Basketball	Dance (Multicultural)	Flying Disc (Individual/Dual Activities)
8	Jump Rope	Volleyball	Basketball
9	Soccer	World Games (Team Handball/Cricket)	Stunts and Tumbling
10	Stunts and Tumbling	Softball	Track and Field
11	Softball	Soccer	Golf
12	World Games (KinBall/Sepak Takraw)	MS Culminating Event (Tournaments, Create a Routine, Shows, etc.)	MS Culminating Event (Tournaments, Create a Routine, Shows, etc.)