

# UNIFIED WELLNESS SCOPE AND SEQUENCE

<b>Skill</b>	<b>Content</b>	<b>Minimum # of classes</b>
Introductory	Setting up a positive classroom environment	2
Invasion games	Soccer	3
Invasion games	Hockey	6
Invasion games	Basketball	6
Invasion games	Team handball	6
Net games	Tennis	3
Net games	Badminton	4
Net games	Pickleball	3
Cooperative learning	Low ropes	2
Cooperative games	Mat ball, boffle ball, guard the pin, triangle ball, wompum tag	8
Fitness	Safety, walkthrough fitness center	1
Fitness	Fitness center, push ups, sit ups, walking	6
Backyard games	Bocce, kan jam, washer toss, bocce	4
Dance	Heel toe polka, disco dance	1
Yoga	Intro poses, poems	4