

Wellness 10

Scope and Sequence

Skill	Content	Minimum # of Classes
Introductory	Set up a positive classroom environment	2
Net games	Tennis	4
Net games	Badminton	4
Net games	Pickleball	4
Yoga	Poses, meditation, yoga routines	10
Fitness	Safety, fitness center walkthrough,	8
Dance	Heel toe polka, disco dance, footloose	2
Cooperative learning	Cooperative games, Low ropes	10
Cooperative games	Mat ball, boffle ball, guard the pin, triangle ball, wompum tag	8
Invasion games	Floor hockey and team hand ball	4
Lifetime sports	Snow shoeing, disc golf, fitness walking	8