

WELLNESS 11

SCOPE AND SEQUENCE

| Skill | Content | Minimum # of Classes |
|----------------------|--|---------------------------------|
| Introductory | Set up a positive classroom environment | 2 |
| Net games | Tennis-advanced lesson of swings, advanced lesson to gameplay | 4 |
| Net games | Badminton- advanced lesson of swings, advanced lesson of gameplay | 4 |
| Net games | Pickleball-advanced lesson of swings, advanced lesson on gameplay | 4 |
| Yoga | Advanced poses, advanced meditation, advanced yoga routines | 12 |
| Fitness | Safety, walkthrough, advanced fitness center lifts, fitness walking | 8 |
| Cooperative learning | Outdoor ed games, Low ropes, high ropes | 10 |
| Cooperative games | Mat ball, boffle ball, guard the pin, triangle ball, wompum tag | 8 |
| Lifetime sports | Snow shoe, disc golf | 6 |