

Syllabus : School For Excellence. Mr. Gordon Physical Education. 2017-2018.

- I. Unit by Design: Stretching and Calisthenics. Students will be introduced to the major stretching and calisthenics exercises.
- II. Unit by Design: Basketball. Students will be introduced to the major basketball skills, and students will implement these skills in their playing.
- III. Unit by Design: Volleyball. Students will be introduced to the major volleyball skills, and will implement these skills in their playing.
- IV. Unit by Design: Conditioning. Students will be introduced to conditioning through cardiovascular activity, flexibility, and muscular toning.
- V. Unit by Design: Football. Students will be introduced to the major skills of football, and will implement these skills in their playing.