


High School PE/Health Curriculum	Semester 1					
	Quarter 1			Quarter 2		
	August	September	October	November	December	January
<b>Physical Education</b>	Soccer	Flag Football/Ultimate Frisbee	Disc Golf/Volleyball	Speedball/Badminton	Dodgeball	Kickball
<b>Health</b>				Faith Foundations	<a href="#">Sexual health</a> : SMART Program through <a href="#">ASPIRE</a>	Social and Emotional Health
<b>Team Sports</b>	Soccer	Flag Football/Ultimate Frisbee	Volleyball/Basketball	Speedball/Sideline Football	Dodgeball/Floor Hockey	Kickball
<b>Individual &amp; Racquet Sports</b>						
<b>Weight Training</b>	Purpose, setting of goals	Proper technique, weight calibration	Circuit training, free weights technique	Circuit training, baseline maxes	Circuit training, monthly max	



The LCS PE and Health curricula align with the SHAPE America PE Standards and Michigan Health Education Standards.

High School PE/Health Curriculum	Semester 2					
	Quarter 3			Quarter 4		
	January	February	March	April	May	June
<b>Physical Education</b>	Kickball/Sideline Football	Pickleball	Floor Hockey/Basketball	Spikeball/Whiffleball	Disc Golf/Yard Games	Class Choice
<b>Health</b>	Social and Emotional Health	Nutrition and Physical Health	Alcohol, Tobacco, and Other Drugs	CPR/First Aid	Final Projects	
<b>Team Sports</b>						
<b>Individual &amp; Racquet Sports</b>	Ping Pong	Pickleball	Badminton	Spikeball	Disc Golf, Yard Games	Class Choice
<b>Weight Training</b>	Customized workout creation	Following customized plan	Circuit training, reflection on goals	Following customized personal regimen		
 LANSING CHRISTIAN SCHOOL						