

High School PE/Health Curriculum	Semester 1					
	Quarter 1			Quarter 2		
	August	September	October	November	December	January
<b>Physical Education</b>	<a href="#">Soccer/Physical Fitness</a> (sprinkled throughout entire semester)	<a href="#">Flag Football/Ultimate Frisbee</a>	<a href="#">Disc Golf/Volleyball</a>	<a href="#">Speedball/Badminton</a>	<a href="#">Dodgeball</a>	<a href="#">Kickball</a>
<b>Health</b>				<a href="#">Faith Foundations</a>	<a href="#">Sexual Health: SMART Program through ASPIRE</a>	<a href="#">Social and Emotional Health</a>
<b>Sports Management</b> <i>NEW! Updates coming 2025-2026</i>						
<b>Team Sports</b>	<a href="#">Soccer</a>	<a href="#">Flag Football/Ultimate Frisbee</a>	<a href="#">Volleyball/Basketball</a>	<a href="#">Speedball/Floor Hockey</a>	<a href="#">Dodgeball</a>	<a href="#">Kickball</a>
<b>Individual &amp; Racquet Sports</b>						
<b>Weight Training</b>	<a href="#">Purpose, setting of goals</a>	<a href="#">Proper technique, weight calibration</a>	<a href="#">Circuit training, free weights technique</a>	<a href="#">Circuit training, baseline maxes</a>	<a href="#">Circuit training, monthly max</a>	



The LCS PE and Health curricula align with the SHAPE America PE Standards and Michigan Health Education Standards. Puberty and sexual health units align with the [LCS deep hope, long-term learning targets, and scope and sequence.](#)

High School PE/Health Curriculum	Semester 2					
	Quarter 3			Quarter 4		
	January	February	March	April	May	June
<b>Physical Education</b>	<a href="#">Kickball</a>	<a href="#">Pickleball</a>	<a href="#">Floor Hockey</a> <a href="#">Basketball</a>	<a href="#">Spikeball</a>	<a href="#">Disc Golf</a> /Class Choice	Class Choice
<b>Health</b>	<a href="#">Social and Emotional Health</a>	<a href="#">Nutrition and Physical Health</a>	<a href="#">Alcohol, Tobacco, and Other Drugs</a>	<a href="#">CPR/First Aid</a>	Final Projects	
<b>Sports Management</b> <i>NEW! Updates coming 2025-2026</i>						
<b>Team Sports</b>						
<b>Individual &amp; Racquet Sports</b>	<a href="#">Ping Pong</a>	<a href="#">Pickleball</a>	<a href="#">Badminton</a>	<a href="#">Spikeball</a>	<a href="#">Disc Golf</a>	Class Choice
<b>Weight Training</b>	<a href="#">Customized workout creation</a>	<a href="#">Following customized plan</a>	<a href="#">Circuit training, reflection on goals</a>	<a href="#">Continue following a customized personal regimen</a>		