

**FULTON HIGH SCHOOL**  
**9<sup>TH</sup> GRADE PHYSICAL EDUCATION**

**9<sup>th</sup> Grade Physical Education**

**1<sup>ST</sup> QUARTER**

Unit 1—Fitness Testing

Unit 2—Speedball

\*\*Skill testing-Speedball

\*\*Written Test Speedball

Unit 3—Softball

\*\*Skill Testing-Softball

\*\*Written Test—Softball

Unit 4—Football (Flag/Aerial)

\*\*Skill testing—Football

\*\*Written Test—Football

\*\*Students will also be working on strength training. M/W/F (30 min);

\*\*Students will be working on speed/agility/cardio T/TH (30 min.)

\*\*Students will also be responsible for writing (4) Article Critiques throughout the 1<sup>st</sup> qtr

**2<sup>ND</sup> QUARTER**

Unit 5—Volleyball

\*\*Skill Testing

\*\*Written Test

Unit 6—Basketball

\*\*Skill Testing

\*\*Written Test

Unit 7—Handball

\*\*Skill Test

Unit 8—Raquet Sports-(Ping Pong/Pickleball/Badmitten).

\*\*Skill Test

\*\*Written Test

Students will be responsible for writing (4) Article Critiques

\*\*End of year Fitness Testing