

Manhattan High School
Health Enhancement Curriculum

	K	1	2	3	4	5	6	7	8	9	10	Adv. PE	PC	HCS
Locomotion skills	All Year	All Year	All Year	All Year	All Year	All Year	All Year	All Year	All Year	All Year	All Year	All Year	All Year	2,3,4,7
including, but not limited to, walking, running, skipping, hopping, leaping, jumping, galloping	I	D	D	D	D	P	P	P	P	A	A	A	A	
Non-locomotor skills	All Year	All Year	All Year	All Year	All Year	All Year	All Year	All Year	All Year	All Year	All Year	All Year	All Year	2,3,4,7
including, but not limited to, bending, twisting, turning, rocking, balancing, stretching, pushing, pulling	I	I	I	D	D	D	D	D	D	A	A	A	A	
Manipulative skills	All Year	All Year	All Year	All Year	All Year	All Year	All Year	All Year	All Year	All Year	All Year	All Year	All Year	2,3,4,7
including, but not limited to, striking, rolling, kicking, catching, bouncing, throwing	I	I	I	I	I-D	I-D	D	D	D	A	A	A	A	
Rhythmic skills	15 Days	15 Days	15 Days	15 Days	15 Days	15 Days	15 Days	15 Days	15 Days	~	~	~	~	2,3,4,7
Lumi sticks	I	I-D	D	D	P	~	~	~	~	~	~	~	~	
Tininkling sticks	~	~	I	I-D	D	D	P	P	P	~	~	~	~	
Wedding Dance	I	I	I-D	D	D	P	P	~	~	~	~	~	~	
Square Dance	~	~	~	I	I-D	D	P	~	~	~	~	~	~	
Swing Dance	~	~	~	~	~	I	I-D	D	D	~	~	~	~	
Presidential Fitness Testing	~	8 Days	8 Days	8 Days	8 Days	8 Days	8 Days	8 Days	8 Days	9 Days	9 Days	9 Days	~	2,3
including, but not limited to, mile, sit-ups, push-ups, pull-ups, shuttle run, standing long jump, sit-and-reach		I	I	I-D	I-D	I-D	D	D	D	P	P	P	~	
Aerial football	~	~	~	~	~	~	8 Days	8 Days	8 Days	5 Days	5 Days	5 Days	15 Days	2,3,4,7
Throwing	~	~	~	~	~	~	I	D	D	P	P	A	A	
Catching	~	~	~	~	~	~	I	D	D	P	P	A	A	
Passing	~	~	~	~	~	~	I	D	D	P	P	A	A	
Rules and regulations	~	~	~	~	~	~	I	D	D	P	P	A	A	

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Ultimate frisbee	~	~	~	~	~	~	5 Days	5 Days	5 Days	8 Days	8 Days	8 Days	5 Days	2,3,4,7
Throwing	~	~	~	~	~	~	I	D	D	P	P	A	A	
Catching	~	~	~	~	~	~	I	D	D	P	P	A	A	
Passing	~	~	~	~	~	~	I	D	D	P	P	A	A	
Rules and regulations	~	~	~	~	~	~	I	D	D	P	P	A	A	
Speedball	~	~	~	~	~	~	10 Days	10 Days	10 Days	10 Days	10 Days	10 Days	~	2,3,4,7
Throwing	~	~	~	~	~	~	I	D	D	P	P	A	~	
Catching	~	~	~	~	~	~	I	D	D	P	P	A	~	
Kick-Ups	~	~	~	~	~	~	I	D	D	P	P	A	~	
Dribbling	~	~	~	~	~	~	I	D	D	P	P	A	~	
Rules and regulations	~	~	~	~	~	~	I	D	D	P	P	A	~	
Folf	~	~	~	~	6 Days	6 Days	6 Days	6 Days	6 Days	5 Days	5 Days	5 Days	~	2,3,4,7
Rules and regulations	~	~	~	~	I	D	D	P	P	P	P	A	~	
Pickleball	~	~	~	~	5 Days	5 Days	5 Days	5 Days	5 Days	5 Days	5 Days	5 Days	~	2,3,4,7
Forehand	~	~	~	~	I	D	D	P	P	P	P	A	~	
Backhand	~	~	~	~	I	D	D	P	P	P	P	A	~	
Serving	~	~	~	~	I	D	D	P	P	P	P	A	~	
Rules and regulations	~	~	~	~	I	D	D	P	P	P	P	A	~	
Badminton	~	~	~	5 Days	5 Days	10 Days	10 Days	10 Days	10 Days	10 Days	10 Days	10 Days	~	2,3,4,7
Rules and regulations	~	~	~	~	~	~	I	D	D	P	P	A	~	
Dribbling	~	~	~	I	D	D	D	P	P	P	P	A	~	
Forehand	~	~	~	I	D	D	D	P	P	P	P	A	~	
Backhand	~	~	~	~	I	D	D	D	D	P	P	A	~	
Serving	~	~	~	~	I	D	D	D	D	P	P	A	~	
Volley for score	~	~	~	~	~	I	D	D	D	P	P	A	~	
Games	~	~	~	~	~	I	D	D	D	P	P	A	~	

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Tennis	~	~	~	4 Days	4 Days	6 Days	8 Days	8 Days	8 Days	15 Days	15 Days	10 Days	6 Days	2,3,4,7
Rules and regulations	~	~	~				I	D	D	P	P	P	P	
Dribbling	~	~	~	I	D	D	D	D	D	P	P	P	P	
Forehand ground stroke	~	~	~	I	D	D	D	D	D	P	P	P	P	
Backhand ground stroke	~	~	~	~	~	I	D	D	D	P	P	P	P	
Volley for score	~	~	~	~	~	I	D	D	D	P	P	P	P	
Games	~	~	~	~	~	~	I	D	D	P	P	P	P	
Overhand serve	~	~	~	~	~	~	~	~	~	I-D	D-P	P	P	
Gymnastics	10 Days	10 Days	10 Days	10 Days	10 Days	10 Days	10 Days	10 Days	10 Days	~	~	~	~	2,3,4,7
Stretch	I	I	I	I-D	I-D	I-D	D	D	D	~	~	~	~	
Log roll	I	D	D	P	P	P	P	P	P	~	~	~	~	
Forward roll	I	I-D	D	D	P	P	P	P	P	~	~	~	~	
Backward roll (wedge)	I	I-D	~	~	~	~	~	~	~	~	~	~	~	
Backward roll	~	I	I-D	D	D	P	P	P	P	~	~	~	~	
Egg roll	~	I	I-D	D	P	P	P	P	P	~	~	~	~	
Mule kick	~	~	I	I-D	D	P	P	P	P	~	~	~	~	
Cartwheel	~	~	I	I	I-D	D	D	P	P	~	~	~	~	
Round off	~	~	I	I	I-D	D	D	P	P	~	~	~	~	
Tri pod	~	~	I	I	I-D	D	P	P	P	~	~	~	~	
Tri pod to headstand	~	~	~	I	I-D	D	P	P	P	~	~	~	~	
180 turn	~	~	I	D	D	P	P	P	P	~	~	~	~	
360 turn	~	~	I	D	D	D	P	P	P	~	~	~	~	
Partner stunts	~	~	~	~	I	I-D	D	D	D	~	~	~	~	
Group pyramids	~	~	~	~	I	I-D	D	D	D	~	~	~	~	
Cooperative games	4 Days	4 Days	4 Days	6 Days	6 Days	6 Days	6 Days	6 Days	6 Days	~	~	~	~	2,3,7
Miscellaneous games	I	I	I	I-D	I-D	D	D	D	D	~	~	~	~	
Steal the **flags**	~	~	~	~	~	2 Days	3 Days	4 Days	4 Days	5 Days	5 Days	~	~	2,3,4,7
Rules and regulations	~	~	~	~	~	I	D	P	P	A	A	~	~	

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Jump rope	6 Days	8 Days	10 Days	10 Days	10 Days	10 Days	10 Days	10 Days	10 Days	~	~	~	~	2,3,4,7
Rope manipulation	I	I-D	D	D	D	~	~	~	~	~	~	~	~	
Long rope														
Stand jump	~	~	I	I-D	D	P	~	~	~	~	~	~	~	
Enter rope	~	~	I	I-D	D	P	~	~	~	~	~	~	~	
Egg beater	~	~	~	~	I	I-D	P	~	~	~	~	~	~	
Double dutch	~	~	~	~	I	I-D	I-D	D	D	~	~	~	~	
Short rope foot work jumps														
Single bounce	~	I	I-D	D	D	P	P	P	P	~	~	~	~	
Double bounce	~	I	I-D	D	D	P	P	P	P	~	~	~	~	
Rocker step RT / LT	~	~	I	I-D	D	D	P	P	P	~	~	~	~	
Scissor step	~	~	I	I-D	D	D	P	P	P	~	~	~	~	
Jumping jack	~	~	I	I-D	D	D	P	P	P	~	~	~	~	
Partner, multiple ropes	~	~	~	~	I	I-D	D	D	P	~	~	~	~	
Soccer	4 Days	5 Days	5 Days	5 Days	7 Days	7 Days	8 Days	8 Days	8 Days	10 Days	10 Days	5 Days	5 Days	2,3,4,7
Dribbling	I	D	D	D	D	D	D	D	D	P	P	P	P	
Passing	I	D	D	D	D	D	D	D	D	P	P	P	P	
Shooting	~	I	D	D	D	D	D	D	D	P	P	P	P	
Defense	~	~	~	~	I	D	D	D	D	P	P	P	P	
Offense	~	~	~	~	I	D	D	D	D	P	P	P	P	
Rules and regulations	~	~	~	~	~	~	I	D	D	P	P	P	P	
Volleyball	~	~	~	~	~	4 Days	6 Days	6 Days	6 Days	5 Days	5 Days	5 Days	3 Days	2,3,4,7
Footwork	~	~	~	~	~	I	D	D	D	P	P	P	P	
Passing	~	~	~	~	~	I	D	D	D	P	P	P	P	
Setting	~	~	~	~	~	I	D	D	D	P	P	P	P	
Hitting	~	~	~	~	~	~	I	D	D	P	P	P	P	
Serving	~	~	~	~	~	~	I	D	D	P	P	P	P	
Rules and regulations	~	~	~	~	~	~	I	D	D	P	P	P	P	

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Basketball	~	4 Days	5 Days	5 Days	6 Days	6 Days	6 Days	6 Days	6 Days	5 Days	5 Days	5 Days	5 Days	2,3,4,7
Dribbling	~	I	I-D	D	D	D	D	D	D	P	P	P	P	
Passing	~	~	I	D	D	D	D	D	D	P	P	P	P	
Shooting	~	~	I	D	D	D	D	D	D	P	P	P	P	
Footwork	~	~	~	~	I	D	D	D	D	P	P	P	P	
Offense and defense	~	~	~	~	I	D	D	D	D	P	P	P	P	
Rules and regulations	~	~	~	~	I	D	D	D	D	P	P	P	P	
Baseball/Softball	4 Days	4 Days	4 Days	4 Days	5 Days	6 Days	6 Days	6 Days	6 Days	5 Days	5 Days	5 Days	5 Days	2,3,4,7
Throwing / Catching	I	D	D	D	D	D	D	P	P	P	P	P	P	
Hitting	I	D	D	D	D	D	D	P	P	P	P	P	P	
Fielding	~	~	~	~	I	D	D	P	P	P	P	P	P	
Rules and regulations	~	~	~	~	~	I	D	P	P	P	P	P	P	
Floor hockey	~	4 Days	4 Days	4 Days	6 Days	6 Days	6 Days	6 Days	6 Days	5 Days	5 Days	5 Days	5 Days	2,3,4,7
Dribbling	~	I	D	D	D	D	P	P	P	P	P	P	P	
Passing	~	~	I	D	D	D	P	P	P	P	P	P	P	
Shooting	~	~	I	D	D	D	P	P	P	P	P	P	P	
Offense and defense	~	~	~	~	I	D	P	P	P	P	P	P	P	
Rules and regulations	~	~	~	~	I	D	P	P	P	P	P	P	P	
Lacrosse	~									10 Days	10 Days	5 Days	5 Days	2,3,4,7
Throwing / Catching	~									D	P	A	A	
Fielding / Cradling	~									D	P	A	A	
Shooting	~									D	P	A	A	
Rules and Regulations	~									D	P	A	A	
Kickball	2 Days	3 Days	4 Days	4 Days	4 Days	4 Days	4 Days	4 Days	4 Days	7 Days	7 Days	5 Days	5 Days	2,3,4,7
Kicking	I	D	D	D	D	D	P	P	P	A	A	A	A	
Catching	I	D	D	D	D	D	P	P	P	A	A	A	A	
Throwing	I	D	D	D	D	D	P	P	P	A	A	A	A	
Rules and regulations	~	I	D	D	D	D	P	P	P	A	A	A	A	

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Dodgeball	~	~	~	6 Days	8 Days	10 Days	10 Days	10 Days	10 Days	8 Days	8 Days	~	8 Days	2,3,4,7
Rules and regulations	~	~	~	~	I	D	D	D	D	P	P	~	A	
Quadrant ball	~	~	~	~	I	D	D	D	D	P	P	~	A	
Bombs away	~	~	~	I	D	D	P	P	P	P	P	~	A	
Prison ball	~	~	~	~	~	I	D	P	P	P	P	~	A	
Everyone for themselves	~	~	~	~	I	D	D	P	P	P	P	~	A	
Archery	~	~	~	~	~	~	~	~	~	~	~	10 Days	~	
Safety / Eye Dominance	~	~	~	~	~	~	~	~	~	~	~	I - D	~	
Range Set-Up / Safety Procedures	~	~	~	~	~	~	~	~	~	~	~	I - D	~	
Shot Execution	~	~	~	~	~	~	~	~	~	~	~	I - D	~	
Scoring	~	~	~	~	~	~	~	~	~	~	~	I - D	~	
History / Types of Archery	~	~	~	~	~	~	~	~	~	~	~	I - D	~	
Cardiorespiratory	~	~	~	~	2 Days	6 Days	6 Days	8 Days	8 Days	3 Days	3 Days	7 Days	20 Days	2,3,4,7
Walk fit	~	~	~	~	~	I	D	P	P	~	~	~	~	
Five station	~	~	~	~	I	D	D	P	P	~	~	~	~	
Ten station	~	~	~	~	I	D	D	P	P	~	~	~	~	
Miscellaneous Runs	~	~	~	~	~	~	~	~	~	I - D	I - D	P	P	
Exercise Videos	~	~	~	~	~	~	~	~	~	I - D	I - D	P	P	
Bike Ride	~	~	~	~	~	~	~	~	~	~	~	P	P	
Weight Lifting	~	~	~	~	~	~	~	~	~	~	~	40 Days	54 Days	2,3,4,7
Body Weight Exercises	~	~	~	~	~	~	~	~	~	~	~	I-D-P	I-D-P	
Free Weight Lifts	~	~	~	~	~	~	~	~	~	~	~	I-D-P	I-D-P	
Weight Machine Lifts	~	~	~	~	~	~	~	~	~	~	~	I-D-P	I-D-P	
Cross Country Skiing	~	~	~	~	~	~	~	4 Days	4 Days	~	~	~	~	2,3,4,7
Equipment fitting	~	~	~	~	~	~	~	I-D	I-D	~	~	~	~	
Course skiing	~	~	~	~	~	~	~	I-D	I-D	~	~	~	~	

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