



Mr. Torgeson's Curriculum Map



	August	September	October	November	December	January	February	March	April	May
7th Grade Core	No Class	No Class	No Class	No Class	No Class	Introduction, Expectations, Rules, Routines, Uniforms	6 pillars of health, Basketball, Volleyball, Badminton, Floor Hockey	Volleyball, Alphonzo Ball, Ultimate Frisbee, Tennis	Presidential Fitness, Soccer (Indoor & Outdoor)	Soccer, Speedball, Cardio games, Finals
8th Grade Core	Introduction, Expectations, Rules, Routines, Uniforms	Fitness, 6 pillars of health, Flag Football/PPK, Presidential Fitness	Presidential Fitness, Ultimate Frisbee, Tennis	Soccer (Indoor), Basketball, Volleyball	Circuit Training, Basketball, Finals	Introduction, Expectations, Rules, Routines, Uniforms	6 pillars of health, Basketball, Volleyball, Floor Hockey	Volleyball, Soccer (Indoor & Outdoor), Tennis	Presidential Fitness, Ultimate Frisbee, Alphonzo Ball	Soccer/Speedball, Cardio games, Finals
Elective/Team Sports	Introduction, Expectations, Rules, Routines, Uniforms, Resting Heart Rates	Fitness Days, HR Monitors, Team Building, Handball, Volleyball, Tennis	Dodgeball, Alphonzo Ball, Indoor Soccer, Basketball, Ping Pong, Hockey	Ultimate Frisbee, Capture the Flag, Speedball	Softball, 4 Nations, Students Vote, Finals	No Class	No Class	No Class	No Class	No Class
Personal Fitness/Weight Training	Introduction, Expectations, Introduction to Safety, Form, Nutrition, Cardio machines, Rotating games	Training Principles, Circuits, Flexibility, Rotating games	Resistance training, Performance training, Core workouts, Rotating games	Goals/Personal workouts, Weight training, TRX workouts, Rock Climbing, Martial Arts, Rotating games	TRX, Plyometrics, Rotating games, Finals	No Class	No Class	No Class	No Class	No Class
Health	No Class	No Class	No Class	No Class	No Class	Introduction, Grades, Wellness Dimensions, Classical Health (Hippocrates, Exercise throughout history) - Presentations	Bones, Muscles, 5 Areas of Fitness, Exercise Safety, "FITT" Principle	Physical Health Continued, First Aid & CPR, Adult, Child, and Infant Certification	Nutrition, Vitamins, Minerals, Diet & Exercise, Weight Management	Nutrition Continued, TBD, Finals