

SEMESTER AGENDA: PHYSICAL EDUCATION

WEEK	UNIT FOCUS	LESSON IMPLEMENTATIONS + TEAM SPORTS
Week 1	COURSE INTRODUCTION(S) + EXPECTATIONS TOUR FACILITIES	Classroom Expectation Quiz.pptx GYM HOUSEKEEPING.pptx Introductory Vocab.pptx GETTING TO KNOW.pptx 20 MINUTE WALK
Week 2	PRE-TEST, FITNESS GRAM AND INTRODUCE A TEAM SPORT	FITNESS UNIT.pptx GETTING TO KNOW EACH OTHER II.pptx TEAM GAMES: SHARKS + MINNOWS
Week 3 (FLEXIBILITY UNIT + MAJOR MUSCLE GROUPS)	INTRODUCE STATIC STRETCHING; FLEXIBILITY	STATIC STRETCHING.pptx DODGEBALL or DR. DODGEBALL
Week 4 (FLEXIBILITY UNIT + MAJOR MUSCLE GROUPS)	INTRODUCE DYNAMIC STRETCHING; FLEXIBILITY	DYNAMIC STRETCHING.pptx INDOOR KICKBALL
Week 5	INTRODUCE THE IMPORTANCE OF FITNESS AND A HEALTHY LIFESTYLE	20 MINUTE WALK
Week 6	CIRCUIT TRAINING (SWITCH UP THE EXERCISES DAY 2 DAY)	Circuit Training Education Presentation.pptx Circuit Training Station Names.pptx
Week 7 (CARDIOVASCULAR UNIT)	CARDIOVASCULAR TRAINING; MILE RUN + PACER (INCORPORATE STATIC/ DYNAMIC STRETCHING)	GETTING TO KNOW EACH OTHER III.pptx
Week 8 (CORE MUSCULAR STRENGTH UNIT)	AB FOCUS CIRCUIT w CALF FOCUS (INCORPORATE STATIC/ DYNAMIC STRETCHING)	CORE STRENGTH.pptx
Week 9 (UNIT REVIEW)	ALL UNITS COVERED REVIEW (FITNESSGRAM EXERCISES, DODGEBALL, 20 MINUTES WALK, STRETCHING ROUTINE) UNIT ASSESSMENT	WEEK 9 REVIEW.pptx
Week 10 (AGILITY)	AGILITY TRAINING	AGILITY.pptx

	DYNAMIC WARMUP ROUTINE, AGILITY TRAINING via STATIONS)	
Week 11	Static Stretching into Curl Ups Dynamic Stretching into Pacer	
Week 12	4X4 (PUSH-UPS, SIT-UPS, CALF RAISES, SQUATS) or Jump Rope; single; double dutch	JUMP ROPE.pptx
Week 13	Obstacle Course	
Week 14	BASKETBALL; Passing, Dribbling, Pivot Series, Shooting	
Week 15	VOLLEYBALL; Passing, Rotation, Spike	Volleyball Pretest: https://forms.gle/nXFFHAxzCtpgRBEBZ Volleyball 101.pptx
Week 16	Team Game;	
Week 17	FitnessGram Post Test; TEAM GAMES	
Week 18	Final Exam; TEAM GAME	

Focus on each major fitness component for 2 weeks a piece.

Indoor PE Games

1. Indoor Kickball
2. Dodgeball
3. Indoor Softball
4. Four Corners
5. Mat Ball
6. Sharks and Minnows
7. Red light, Green Light
8. Capture the Flag
9. Freeze Tag
10. Musical Chairs
11. Duck, Duck, Goose
12. Simon Says
13. Rock, Paper, Scissors Relay:
14. Obstacle Course Relay
15. Scavenger Hunt Relay
16. Fitness Gram Exercises; Pacer, Curl-Ups, Push-Ups
17. 4x4 (4 different exercises 4 times)
18. Dribbling Relay (Basketball)
19. Ultimate Frisbee
20. Indoor Relay Races: Organize relay races with activities like skipping, hopping, or crawling.
21. Tug of War
22. Dance Fitness
23. Rolling Dice Fitness: Create large dice with different exercises on each side. Students take turns rolling the dice and performing the indicated exercise.
24. Limbo

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WEEK	DAY 1	DAY 2	LESSON PRESENTATIONS + ACTIVITIES
Week 1: COURSE INTRODUCTIONS + EXPECTATIONS	<p>FIRST DAY ITINERARY</p> <ul style="list-style-type: none"> -CALL ATTENDANCE -GO OVER ATTENDANCE PROTOCOL -GO OVER GYM HOUSEKEEPING -COMPLETE GYM HOUSEKEEPING ASSESSMENT -PLAY ORGANIZATION GAME: HAVE STUDENTS LINE UP ALPHABETICALLY BY LAST NAME IN UNDER 40 SECONDS -TAKE TOUR OF GYM PARAMETERS -GO OVER FIRE DRILL PROCEDURES -GO OVER INTRODUCTORY VOCAB -DAILY REGIMEN: 25 JUMPING JACKS, 1 MINUTE PLANK HOLD, 5 BURPEES -20 MINUTE WALK -PLAY THE "GETTING TO KNOW YOU" GAME -RELAY RACE -INTRODUCE STATIC STRETCHING ROUTINE 	<p>SECOND DAY ITINERARY</p> <ul style="list-style-type: none"> -CALL ATTENDANCE -GO OVER ATTENDANCE PROTOCOL -DAILY REGIMEN: 25 JUMPING JACKS, 30 SECOND PLANK HOLD, 5 BURPEES -DISMISS TO LOCKER ROOM (3 MINUTES) -GO OVER NEW HOUSEKEEPING SLIDES -GYM ATTIRE + FRIDAY TRANSITION SCHEDULE -STUDENTS TAKE CLASSROOM EXPECTATION QUIZ -GO OVER BASELINE + SIDELINE LOCATIONS -PLAY ORGANIZATION GAME(S): HAVE STUDENTS LINE UP ALPHABETICALLY BY FIRST NAME IN UNDER 45 SECONDS, GO OVER HEADCOUNT, HAVE STUDENTS GET IN GROUPS OF 5, 4, 3, 2 -HAVE STUDENT INTRODUCE THEMSELVES BY NAME + STATE THEIR FAVORITE SUBJECT, FOOD, MOVIE/ TV SHOW (MUST BE SCHOOL APPROPRIATE), SPORT, AND SPORTS TEAM. -BRISK WALK AROUND SCHOOL PARAMETERS. -BRIEFLY GO OVER FIRE DRILL -GO OVER VOCAB + QUIZ -RELAY RACE; HAVE STUDENTS GET IN GROUPS OF 3 OR 4 -20-MINUTE WALK -IMPLEMENT STATIC STRETCHING ROUTINE; 20-COUNT HOLD FOR EACH STRETCH 	Classroom Expectation Quiz.pptx GYM HOUSEKEEPING.pptx Introductory Vocab.pptx GETTING TO KNOW.pptx 20-MINUTE WALK

Week 2: PRE-TEST, FITNESS GRAM AND INTRODUCE A TEAM SPORT	<ul style="list-style-type: none"> -CALL ATTENDANCE -GO OVER ATTENDANCE PROTOCOL -DAILY REGIMEN: 25 JUMPING JACKS, 30 SECOND PLANK HOLD, 5 BURPEES -DISMISS TO LOCKER ROOM (3 MINUTES) -GO OVER FITNESS UNIT SLIDES -TAKE HEADCOUNT -GO OVER DYNAMIC STRETCHING ROUTINE -RELAY RACE -FITNESS GRAM: H+W, S+R, -20 MINUTE WALK -TEAM GAME(S): SHARKS + MINNOWS, INDOOR KICKBALL OR DODGEBALL??? 	<ul style="list-style-type: none"> -CALL ATTENDANCE -GO OVER ATTENDANCE PROTOCOL -DAILY REGIMEN: 25 JUMPING JACKS, 30 SECOND PLANK HOLD, 5 BURPEES -DISMISS TO LOCKER ROOM (3 MINUTES) -FITNESS UNIT QUIZ -TAKE HEADCOUNT -RELAY RACE -GO OVER DYNAMIC STRETCHING ROUTINE -FITNESS GRAM: PUSH UPS, CURL UPS, PACER -20 MINUTE WALK -TEAM GAME(S): SHARKS + MINNOWS, INDOOR KICKBALL OR DODGEBALL??? 	FITNESS UNIT.pptx GETTING TO KNOW EACH OTHER II.pptx TEAM GAMES: SHARKS + MINNOWS
Week 3 (FLEXIBILITY UNIT + MAJOR MUSCLE GROUPS)	<ul style="list-style-type: none"> -CALL ATTENDANCE -GO OVER ATTENDANCE PROTOCOL -DAILY REGIMEN: 25 JUMPING JACKS, 30 SECOND PLANK HOLD, 5 BURPEES -DISMISS TO LOCKER ROOM (3 MINUTES) -GO OVER DYNAMIC STRECHING PRESENTATION -TAKE HEADCOUNT -GO OVER DYNAMIC STRETCHING ROUTINE -RELAY RACE -FINISH FITNESS GRAM -20 MINUTE WALK -INDOOR TEAM GAME(S): INDOOR KICKBALL OR DODGEBALL??? 	<ul style="list-style-type: none"> -CALL ATTENDANCE -GO OVER ATTENDANCE PROTOCOL -DAILY REGIMEN: 25 JUMPING JACKS, 30 SECOND PLANK HOLD, 5 BURPEES -DISMISS TO LOCKER ROOM (3 MINUTES) -TAKE HEADCOUNT -GO OVER DYNAMIC STRETCHING ROUTINE -RELAY RACE -20 MINUTE WALK -INDOOR TEAM GAME(S): INDOOR KICKBALL OR DODGEBALL??? 	DYNAMIC STRETCHING.pptx INDOOR KICKBALL
Week 4 (FLEXIBILITY UNIT + MAJOR MUSCLE GROUPS)	<ul style="list-style-type: none"> -CALL ATTENDANCE -DAILY REGIMEN -STATIC STRETCHING PRESENTATION -DYNAMIC STRETCHING ROUTINE -WATERBREAK -STATIC STRETCHING ROUTINE -10 PUSHUPS -SIDELINE SPRINTS 1 MIN, 45 SEC, 30 SEC, 15 SEC -COOL DOWN IN BETWEEN EACH TIMED SPRINT -WATER BREAK -20-MINUTE WALK -TEAM GAME 	<ul style="list-style-type: none"> -CALL ATTENDANCE -DAILY REGIMEN -ASSESSMENT -DYNAMIC STRETCHING ROUTINE -WATERBREAK -STATIC STRETCHING ROUTINE - 10 PUSHUPS -SIDELINE SPRINTS 1 MIN, 45 SEC, 30 SEC, 15 SEC -COOL DOWN IN BETWEEN EACH TIMED SPRINT -WATER BREAK -20 MINUTE WALK -TEAM GAME 	STATIC STRETCHING.pptx DODGEBALL or DR. DODGEBALL

Week 5	INTRODUCE THE IMPORTANCE OF FITNESS AND A HEALTHY LIFESTYLE		20-MINUTE WALK
Week 6	CIRCUIT TRAINING (SWITCH UP THE EXERCISES DAY 2 DAY)		Circuit Training Education Presentation.pptx Circuit Training Station Names.pptx
Week 7 (CARDIOVASCULAR UNIT)	CARDIOVASCULAR TRAINING; MILE RUN + PACER (INCORPORATE STATIC/ DYNAMIC STRETCHING)		GETTING TO KNOW EACH OTHER III.pptx
Week 8 (CORE MUSCULAR STRENGTH UNIT)	AB FOCUS CIRCUIT w CALF FOCUS (INCORPORATE STATIC/ DYNAMIC STRETCHING)		CORE STRENGTH.pptx
Week 9 (MIDTERM REVIEW AND ASSESSMENT)	ATTENDANCE DAILY REGIMEN MEDITATION MIDTERM REVIEW FITNESSGRAM EXERCISES: H+W, S&R TEAM GAME: DODGEBALL OR FREEPLAY OPTIONAL ACTIVITIES: 20 MINUTES WALK, STRETCHING ROUTINE)	MEDITATION FITNESSGRAM EXERCISE: PACER, CURL UPS PUSH UP MIDTERM ASSESSMENT DYNAMIC WARMUP TEAM GAME/ FREE PLAY	WEEK 9 REVIEW.pptx
Week 10 (AGILITY)	Attendance -daily regimen -meditation -pre-test -presentation(s) -Indian run -dynamic warmup -water break -agility drills -water break -team game: kickball / free play	attendance -daily regimen -meditation -post-test -Indian run -dynamic warmup -water break -agility obstacle course -water break -team game: kickball/ free play	AGILITY.pptx
Week 11	Attendance Daily Regimen 4 Lap Indian Run Dynamic Stretching into Pacer Static Stretching into Curl Ups Pull Up bar Hangs Agility Ladder (5-7 minutes) Team Game: Sharks & Minnows + Dodgeball	Attendance Daily Regimen Dynamic Stretching into Pacer Static Stretching into Curl Ups Agility Ladder (5-7 minutes) Team Game: Sharks & Minnows + Dodgeball	
Week 12	4X4 (PUSH-UPS, SIT-UPS, CALF		JUMP ROPE.pptx

	RAISES, SQUATS) or Jump Rope; single; double dutch		
Week 13	Obstacle Course		
Week 14	BASKETBALL; Passing, Dribbling, Pivot Series, Shooting		
Week 15	VOLLEYBALL; Passing, Rotation, Spike		Volleyball Pretest: https://forms.gle/nXFFH AxzCtpgRBEB7 Volleyball 101.pptx
Week 16	Team Game;		
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Week 18	Final Exam; TEAM GAME		