SEMESTER AGENDA: PHYSICAL EDUCATION

| **WEEK** | **UNIT FOCUS** | **LESSON IMPLEMENTATIONS + TEAM SPORTS** |
| --- | --- | --- |
| Week 1 | **COURSE INTRODUCTION(S) + EXPECTATIONS**  **TOUR FACILITIES** | [Classroom Expectation Quiz.pptx](https://newtoncounty-my.sharepoint.com/:p:/g/personal/hunt_katie_newton_k12_ga_us/ESqL8HGx0TNAlhGFQYeHjRkBJSEltqytwG6eSTvUX05s4w?e=nO6mpk)  [GYM HOUSEKEEPING.pptx](https://newtoncounty-my.sharepoint.com/:p:/g/personal/hunt_katie_newton_k12_ga_us/EWwB7hMxgX9Kha5QpTd_nNIBi67amugoima9kmh0ogHS-A?e=hmSBbP)  [Introductory Vocab.pptx](https://newtoncounty-my.sharepoint.com/:p:/g/personal/hunt_katie_newton_k12_ga_us/EfJy70yRt9VBlwruiR2GkJ4Btz3s9xGAyjew7Ji9TxfYtg?e=UEsW5t)  [GETTING TO KNOW.pptx](https://newtoncounty-my.sharepoint.com/:p:/g/personal/hunt_katie_newton_k12_ga_us/EYIS3i2z6kVDgpP1OqjwqYMB-uRV1xUucrWPMw8YO-kyzQ?e=tFTWGo)  20 MINUTE WALK |
| Week 2 | **PRE-TEST, FITNESS GRAM AND INTRODUCE A TEAM SPORT** | [FITNESS UNIT.pptx](https://newtoncounty-my.sharepoint.com/:p:/g/personal/hunt_katie_newton_k12_ga_us/EeenqFhbSXFEq9mvPDTwAJQBvPUcEgrxMwg-uW6YqDADNw?e=fpyd1y)  [GETTING TO KNOW EACH OTHER II.pptx](https://newtoncounty-my.sharepoint.com/:p:/g/personal/hunt_katie_newton_k12_ga_us/EcztWQntoRBIpc1tUrfvlfIBa4zncD7X2CTu1U-DwS21gw?e=BAuy6x)  TEAM GAMES: SHARKS + MINNOWS |
| Week 3 (FLEXIBILITY UNIT + MAJOR MUSCLE GROUPS) | **INTRODUCE STATIC STRETCHING; FLEXIBILITY** | [STATIC STRETCHING.pptx](https://newtoncounty-my.sharepoint.com/:p:/g/personal/hunt_katie_newton_k12_ga_us/EThBAVV9La9EvI81GEp9wkUBnHdRrgIMir2t1_36MtMQsQ?e=huqH9d)  DODGEBALL or DR. DODGEBALL |
| Week 4 (FLEXIBILITY UNIT + MAJOR MUSCLE GROUPS) | **INTRODUCE DYNAMIC STRETCHING; FLEXIBILITY** | [DYNAMIC STRETCHING.pptx](https://newtoncounty-my.sharepoint.com/:p:/g/personal/hunt_katie_newton_k12_ga_us/EYgSRYaEmrVKmIjJcAtjG6kBemIabMZB6xeCXg0stGtyCw?e=udghWZ)  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](https://newtoncounty-my.sharepoint.com/:p:/g/personal/hunt_katie_newton_k12_ga_us/EcgQcgTsDIlMhf6OiIZUmzwBceWa3NKVe5xiENlHO1Zw5g?e=uE8XtS)  [Circuit Training Station Names.pptx](https://newtoncounty-my.sharepoint.com/:p:/g/personal/hunt_katie_newton_k12_ga_us/EahrxTHipTRIoDfyxMAWLHcBv8RkwCBPt6Ta7lEtGWNrWQ?e=ESc7uY) |
| Week 7 (CARDIOVASCULAR UNIT) | **CARDIOVASCULAR TRAINING; MILE RUN + PACER**  (INCORPORATE STATIC/ DYNAMIC STRETCHING) | [GETTING TO KNOW EACH OTHER III.pptx](https://newtoncounty-my.sharepoint.com/:p:/g/personal/hunt_katie_newton_k12_ga_us/EUMcV--lZ5BPgrGEufEmxMABHb9FnY_VqTqyZiGF8gB-UA?e=u9f5Mh) |
| Week 8 (CORE MUSCULAR STRENGTH UNIT) | **AB FOCUS CIRCUIT w CALF FOCUS**  (INCORPORATE STATIC/ DYNAMIC STRETCHING) | [CORE STRENGTH.pptx](https://newtoncounty-my.sharepoint.com/:p:/g/personal/hunt_katie_newton_k12_ga_us/ER_4HNHvDvZPlMh5R9x05jMByYATJgYk7u7Da6mxabbxiQ?e=3ggVMb) |
| Week 9 (UNIT REVIEW) | **ALL UNITS COVERED REVIEW**  (FITNESSGRAM EXERCISES, DODGEBALL, 20 MINUTES WALK, STRETCHING ROUTINE)  **UNIT ASSESSMENT** | [WEEK 9 REVIEW.pptx](https://newtoncounty-my.sharepoint.com/:p:/g/personal/hunt_katie_newton_k12_ga_us/EYTg7LdMwhNNmb31zJZfEhoB64OfE7qAt7JtEuhxxl-0XA?e=RAf033) |
| Week 10 (AGILITY) | **AGILITY TRAINING**  DYNAMIC WARMUP ROUTINE, AGILITY TRAINING via STATIONS) | [AGILITY.pptx](https://newtoncounty-my.sharepoint.com/:p:/g/personal/hunt_katie_newton_k12_ga_us/EWkG9I6Qfj1MpzLSPOle8ZcBAd1dBY9_BMgTbrkAX4y5tw?e=ALKglN) |
| 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](https://newtoncounty-my.sharepoint.com/:p:/g/personal/hunt_katie_newton_k12_ga_us/EQCpKzAEcGpOjPk3Ve72onQBg_h9CHharKT-KFkfEB3ubw?e=EHXX2I) |
| Week 13 | Obstacle Course |  |
| Week 14 | **BASKETBALL;** Passing, Dribbling, Pivot Series, Shooting |  |
| Week 15 | **VOLLEYBALL;** Passing, Rotation, Spike | Volleyball Pretest: <https://forms.gle/nXFFHAxzCtpgRBEB7>  [Volleyball 101.pptx](https://newtoncounty-my.sharepoint.com/:p:/g/personal/hunt_katie_newton_k12_ga_us/EZ5goxlTAs1CseB54E4J7dgBjk3dh9eX251wQaR9Ps09lQ?e=eIul8g) |
| 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

SEMESTER AGENDA: PHYSICAL EDUCATION

| **WEEK** | **DAY 1** | **DAY 2** | **LESSON PRESENTATIONS + ACTIVITIES** |
| --- | --- | --- | --- |
| **Week 1:**  ***COURSE INTRODUCTIONS + EXPECTATIONS*** | **FIRST DAY ITINERARY**  -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 | **SECOND DAY ITINERARY**  -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](https://newtoncounty-my.sharepoint.com/:p:/g/personal/hunt_katie_newton_k12_ga_us/ESqL8HGx0TNAlhGFQYeHjRkBJSEltqytwG6eSTvUX05s4w?e=nO6mpk)  [GYM HOUSEKEEPING.pptx](https://newtoncounty-my.sharepoint.com/:p:/g/personal/hunt_katie_newton_k12_ga_us/EWwB7hMxgX9Kha5QpTd_nNIBi67amugoima9kmh0ogHS-A?e=hmSBbP)  [Introductory Vocab.pptx](https://newtoncounty-my.sharepoint.com/:p:/g/personal/hunt_katie_newton_k12_ga_us/EfJy70yRt9VBlwruiR2GkJ4Btz3s9xGAyjew7Ji9TxfYtg?e=UEsW5t)  [GETTING TO KNOW.pptx](https://newtoncounty-my.sharepoint.com/:p:/g/personal/hunt_katie_newton_k12_ga_us/EYIS3i2z6kVDgpP1OqjwqYMB-uRV1xUucrWPMw8YO-kyzQ?e=tFTWGo)  20-MINUTE WALK |
| **Week 2: PRE-TEST, FITNESS GRAM AND INTRODUCE A TEAM SPORT** | **-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???** | **-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](https://newtoncounty-my.sharepoint.com/:p:/g/personal/hunt_katie_newton_k12_ga_us/EeenqFhbSXFEq9mvPDTwAJQBvPUcEgrxMwg-uW6YqDADNw?e=fpyd1y)  [GETTING TO KNOW EACH OTHER II.pptx](https://newtoncounty-my.sharepoint.com/:p:/g/personal/hunt_katie_newton_k12_ga_us/EcztWQntoRBIpc1tUrfvlfIBa4zncD7X2CTu1U-DwS21gw?e=BAuy6x)  TEAM GAMES: SHARKS + MINNOWS |
| **Week 3** (FLEXIBILITY UNIT + MAJOR MUSCLE GROUPS) | **-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???** | **-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](https://newtoncounty-my.sharepoint.com/:p:/g/personal/hunt_katie_newton_k12_ga_us/EYgSRYaEmrVKmIjJcAtjG6kBemIabMZB6xeCXg0stGtyCw?e=udghWZ)  INDOOR KICKBALL |
| **Week 4** (FLEXIBILITY UNIT + MAJOR MUSCLE GROUPS) | **-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** | **-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](https://newtoncounty-my.sharepoint.com/:p:/g/personal/hunt_katie_newton_k12_ga_us/EThBAVV9La9EvI81GEp9wkUBnHdRrgIMir2t1_36MtMQsQ?e=huqH9d)  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](https://newtoncounty-my.sharepoint.com/:p:/g/personal/hunt_katie_newton_k12_ga_us/EcgQcgTsDIlMhf6OiIZUmzwBceWa3NKVe5xiENlHO1Zw5g?e=uE8XtS)  [Circuit Training Station Names.pptx](https://newtoncounty-my.sharepoint.com/:p:/g/personal/hunt_katie_newton_k12_ga_us/EahrxTHipTRIoDfyxMAWLHcBv8RkwCBPt6Ta7lEtGWNrWQ?e=ESc7uY) |
| **Week 7** (CARDIOVASCULAR UNIT) | **CARDIOVASCULAR TRAINING; MILE RUN + PACER**  (INCORPORATE STATIC/ DYNAMIC STRETCHING) |  | [GETTING TO KNOW EACH OTHER III.pptx](https://newtoncounty-my.sharepoint.com/:p:/g/personal/hunt_katie_newton_k12_ga_us/EUMcV--lZ5BPgrGEufEmxMABHb9FnY_VqTqyZiGF8gB-UA?e=u9f5Mh) |
| **Week 8** (CORE MUSCULAR STRENGTH UNIT) | **AB FOCUS CIRCUIT w CALF FOCUS**  (INCORPORATE STATIC/ DYNAMIC STRETCHING) |  | [CORE STRENGTH.pptx](https://newtoncounty-my.sharepoint.com/:p:/g/personal/hunt_katie_newton_k12_ga_us/ER_4HNHvDvZPlMh5R9x05jMByYATJgYk7u7Da6mxabbxiQ?e=3ggVMb) |
| **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](https://newtoncounty-my.sharepoint.com/:p:/g/personal/hunt_katie_newton_k12_ga_us/EYTg7LdMwhNNmb31zJZfEhoB64OfE7qAt7JtEuhxxl-0XA?e=RAf033) |
| **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](https://newtoncounty-my.sharepoint.com/:p:/g/personal/hunt_katie_newton_k12_ga_us/EWkG9I6Qfj1MpzLSPOle8ZcBAd1dBY9_BMgTbrkAX4y5tw?e=ALKglN) |
| **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 RAISES, SQUATS) or  Jump Rope; single; double dutch |  | [JUMP ROPE.pptx](https://newtoncounty-my.sharepoint.com/:p:/g/personal/hunt_katie_newton_k12_ga_us/EQCpKzAEcGpOjPk3Ve72onQBg_h9CHharKT-KFkfEB3ubw?e=EHXX2I) |
| **Week 13** | Obstacle Course |  |  |
| **Week 14** | **BASKETBALL;** Passing, Dribbling, Pivot Series, Shooting |  |  |
| **Week 15** | **VOLLEYBALL;** Passing, Rotation, Spike |  | Volleyball Pretest: <https://forms.gle/nXFFHAxzCtpgRBEB7>  [Volleyball 101.pptx](https://newtoncounty-my.sharepoint.com/:p:/g/personal/hunt_katie_newton_k12_ga_us/EZ5goxlTAs1CseB54E4J7dgBjk3dh9eX251wQaR9Ps09lQ?e=eIul8g) |
| **Week 16** | Team Game; |  |  |
| **Week 17** | FitnessGram Post Test; TEAM GAMES |  |  |
| **Week 18** | Final Exam; TEAM GAME |  |  |