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| **Q1** | **Core Standard Expectations** | **9-12 Physical Education** |
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| WEEK 1 | Management Organization  | Rules, Procedures, and RoutinesSafety |
|  | Social Skills |  |
|  | Movement Concepts  | 1. **INDIVIDUAL & DUAL SPORTS – Select two or more individual and dual sports: B. Golf, C. Tennis, or D. Track & Field.**
	* 1. Use offensive and defensive strategies while playing in game situation
		2. Identify and analyze the characteristics of highly skilled performance
		3. Develop and apply more advanced movement and game strategies
 |
|  | Movement Skills  | Self-Assessment of FitnessAssess Health Related Components of FitnessAssess personal cardiovascular enduranceAssess personal arm and shoulder strengthAssess personal abdominal strength or enduranceAssess personal flexibilityDetermine personal body mass Personal Fitness PlanConstruct a fitness profileList activities for personal planRelate activity benefitsStructure program planPut it in writing – chart daily progressEvaluate and modify your program |
|  | Fitness Skills and concepts | Fitness Activities Perform stretching/flexibility exercisesPerform strength exercises (select several)Perform endurance exercises |
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| WEEK 2 | Management Organization  | Rules, Procedures and Routines  |
|  | Social Skills  |  |
|  | Movement Concepts  | GOLFUse offensive and defensive strategies while playing in game situation Identify and analyze the characteristics of highly skilled performanceDevelop and apply more advanced movement and game strategies  |
|  | Movement Skills  | Distinguish between different clubs and their functionsDisplay proper mechanics of the grip in game situation Display proper stance in game situation Display proper swing mechanics in game situation Display proper putting techniques in game situation Execute strategies, protocols, and rules in game situationsExhibit positive personal and social skills needed to work with others and independentlyRespond to challenges, successes and failures in socially appropriate ways Demonstrate proper warm-up and cool-down for golfDisplay proper care of golf equipmentExplain how participating in golf can be enjoyable and self-challengingDescribe how participating in golf can help one maintain a healthy lifestyle |
|  | Fitness Skills  | Fitness Activities (first 8 – 12 minutes each day of class)Perform stretching/flexibility exercisesPerform strength exercises (select several)Perform endurance exercises |
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| WEEK 3 | Management Organization  | Rules, Procedures, and Routines |
|  | Social Skills  |  |
|  | Movement Concepts  | Tennis Use offensive and defensive strategies while playing in game situation Identify and analyze the characteristics of highly skilled performanceDevelop and apply more advanced movement and game strategies  |
|  | Movement Skills  | TennisDemonstrate grips in game situationsDemonstrate the ready position in game situations Demonstrate the forehand in game situationsDemonstrate the backhand in game situationsDemonstrate the overhead serve in game situations Execute strategies, protocols, and rules in game situationsExhibit positive personal and social skills needed to work with others and independentlyRespond to challenges, successes, and failures in socially acceptable waysDemonstrate proper warm-up and cool-down for tennisDisplay proper care of tennis equipmentExplain how participating in tennis can be enjoyable and self-challengingDescribe how participating in tennis can help one maintain a healthy lifestyle |
|  | Fitness Skills  | Fitness Activities Perform stretching/flexibility exercisesPerform strength exercises (select several)Perform endurance exercises |
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| WEEK 4 | Management Organization  | Rules, Procedures, and Routines |
|  | Social Skills  |  |
|  | Movement Concepts  | Use offensive and defensive strategies while playing in game situation Identify and analyze the characteristics of highly skilled performance Develop and apply more advanced movement and game strategies |
|  | Movement Skills  | **Track and Field** Perform sprints of various distances (50, 100, and 200 meters) Perform middle/distance events (400, 800, and 1600 meters) Combine correct body mechanics for running hurdlesDisplay proper mechanics for running relay eventsDisplay proper mechanics of the long jump and standing broad jumpDemonstrate proper mechanics for the softball throw/shot putDemonstrate proper mechanics for the high jumpExecute strategies, protocols, and rules in event situationsExhibit positive personal and social skills needed to work with others and independentlyRespond to challenges, successes, and failures in socially acceptable waysDemonstrate proper warm-up and cool-down for track and fieldDisplay proper care of track and field equipmentExplain how participating in track and field can be enjoyable and self-challengingDescribe how participating in track and field can help one maintain a healthy lifestyle  |
|  | Fitness Skills  | Fitness Activities Perform stretching/flexibility exercisesPerform strength exercises (select several)Perform endurance exercises |
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| WEEK 5 | Management Organization  | Rules, Procedures, and Routines |
|  | Social Skills  |  |
|  | Movement Concepts  |  |
|  | Movement Skills  | DancePerform the basic steps to a variety of folk dances Perform basic moves in a variety of square dances Demonstrate basic steps to social dancesDemonstrate basic steps in line dances to appropriate music Perform basic movements in aerobic dance routines Demonstrate proper dance and aerobic warm-up and cool-downDisplay proper care of dance and aerobic equipmentExplain how participating in dance and aerobic can be enjoyable and self-challengingDescribe how participating in dance and aerobic can help one maintain a healthy lifestyle |
|  | Fitness Skills  | Fitness Activities (first 8 – 12 minutes each day of class)Perform stretching/flexibility exercisesPerform strength exercises (select several)Perform endurance exercises |
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| WEEK 6 | Management Organization  | Rules, Procedures, and Routines |
|  | Social Skills  |  |
|  | Movement Concepts  |  |
|  | Movement Skills  | StuntsPerform upright springsPerform individual supportsPerform partner supportsPerform inverted supportsTumblingDemonstrate basic rollsDemonstrate transitional supportsExecute strategies, protocols, and rules for stunts and tumblingExhibit positive personal and social skills needed to work with others and independentlyRespond to challenges, successes, and failures in socially acceptable waysDemonstrate proper spotting techniquesDemonstrate general safety rules for stunts and tumblingExplain how participating in stunts and tumbling can be enjoyable and self-challengingDescribe how participating in stunts and tumbling can help one maintain a healthy lifestyle |
|  | Fitness Skills  | Fitness Activities Perform stretching/flexibility exercisesPerform strength exercises (select several)Perform endurance exercises |
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| WEEK 7 | Management Organization  | Rules, Procedures, and Routines |
|  | Social Skills  |  |
|  | Movement Concepts  |  |
|  | Movement Skills  |  |
|  | Fitness Skills  | Fitness Activities Perform stretching/flexibility exercisesPerform strength exercises (select several)Perform endurance exercises |
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| WEEK 8 | Management Organization  | Rules, Procedures, and Routines |
|  | Social Skills  |  |
|  | Movement Concepts  |  |
|  | Movement Skills  |  |
|  | Fitness Skills  | Fitness Activities Perform stretching/flexibility exercisesPerform strength exercises (select several)Perform endurance exercises |
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| WEEK 9 | Management Organization  | Rules, Procedures, and Routines |
|  | Social Skills  |  |
|  | Movement Concepts  |  |
|  | Movement Skills  |  |
|  | Fitness Skills  |  |
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| Q2 | Core Standard Expectations | PreK-Kindergarten |
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| WEEK 1 | Management Organization  | Rules, Procedures, and Routines  |
|  | Social Skills | Sharing, Cooperation, and Caring |
|  | Movement Concepts  | Spatial Awareness and Effort  |
|  | Movement Skills  |  |
|  | Fitness Skills  |  |
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| WEEK 2 | Management Organization  | Rules, Procedures and Routines  |
|  | Social Skills  |  |
|  | Movement Concepts  |  |
|  | Movement Skills  |  |
|  | Fitness Skills  |  |
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| WEEK 3 | Management Organization  | Rules, Procedures, and Routines |
|  | Social Skills  |  |
|  | Movement Concepts  |  |
|  | Movement Skills  |  |
|  | Fitness Skills  |  |
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| WEEK 4 | Management Organization  | Rules, Procedures, and Routines |
|  | Social Skills  |  |
|  | Movement Concepts  |  |
|  | Movement Skills  |  |
|  | Fitness Skills  |  |
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| WEEK 5 | Management Organization  | Rules, Procedures, and Routines |
|  | Social Skills  |  |
|  | Movement Concepts  |  |
|  | Movement Skills  |  |
|  | Fitness Skills  |  |
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| WEEK 6 | Management Organization  | Rules, Procedures, and Routines |
|  | Social Skills  |  |
|  | Movement Concepts  |  |
|  | Movement Skills  |  |
|  | Fitness Skills  |  |
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| WEEK 7 | Management Organization  | Rules, Procedures, and Routines |
|  | Social Skills  |  |
|  | Movement Concepts  |  |
|  | Movement Skills  |  |
|  | Fitness Skills  |  |
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| WEEK 8 | Management Organization  | Rules, Procedures, and Routines |
|  | Social Skills  |  |
|  | Movement Concepts  |  |
|  | Movement Skills  |  |
|  | Fitness Skills  |  |
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| WEEK 9 | Management Organization  | Rules, Procedures, and Routines |
|  | Social Skills  |  |
|  | Movement Concepts  |  |
|  | Movement Skills  |  |
|  | Fitness Skills  |  |
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| Q3 | Core Standard Expectations | PreK-Kindergarten |
|  |  |  |
| WEEK 1 | Management Organization  | Rules, Procedures, and Routines  |
|  | Social Skills | Sharing, Cooperation, and Caring |
|  | Movement Concepts  | Spatial Awareness and Effort  |
|  | Movement Skills  |  |
|  | Fitness Skills  |  |
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| WEEK 2 | Management Organization  | Rules, Procedures and Routines  |
|  | Social Skills  |  |
|  | Movement Concepts  |  |
|  | Movement Skills  |  |
|  | Fitness Skills  |  |
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| WEEK 3 | Management Organization  | Rules, Procedures, and Routines |
|  | Social Skills  |  |
|  | Movement Concepts  |  |
|  | Movement Skills  |  |
|  | Fitness Skills  |  |
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| WEEK 4 | Management Organization  | Rules, Procedures, and Routines |
|  | Social Skills  |  |
|  | Movement Concepts  |  |
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|  | Fitness Skills  |  |
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| WEEK 5 | Management Organization  | Rules, Procedures, and Routines |
|  | Social Skills  |  |
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| WEEK 6 | Management Organization  | Rules, Procedures, and Routines |
|  | Social Skills  |  |
|  | Movement Concepts  |  |
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| WEEK 7 | Management Organization  | Rules, Procedures, and Routines |
|  | Social Skills  |  |
|  | Movement Concepts  |  |
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| WEEK 8 | Management Organization  | Rules, Procedures, and Routines |
|  | Social Skills  |  |
|  | Movement Concepts  |  |
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|  | Fitness Skills  |  |
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| WEEK 9 | Management Organization  | Rules, Procedures, and Routines |
|  | Social Skills  |  |
|  | Movement Concepts  |  |
|  | Movement Skills  |  |
|  | Fitness Skills  |  |
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| Q4 | Core Standard Expectations | PreK-Kindergarten |
|  |  |  |
| WEEK 1 | Management Organization  | Rules, Procedures, and Routines  |
|  | Social Skills | Sharing, Cooperation, and Caring |
|  | Movement Concepts  | Spatial Awareness and Effort  |
|  | Movement Skills  |  |
|  | Fitness Skills  |  |
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| WEEK 2 | Management Organization  | Rules, Procedures and Routines  |
|  | Social Skills  |  |
|  | Movement Concepts  |  |
|  | Movement Skills  |  |
|  | Fitness Skills  |  |
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| WEEK 3 | Management Organization  | Rules, Procedures, and Routines |
|  | Social Skills  |  |
|  | Movement Concepts  |  |
|  | Movement Skills  |  |
|  | Fitness Skills  |  |
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| WEEK 4 | Management Organization  | Rules, Procedures, and Routines |
|  | Social Skills  |  |
|  | Movement Concepts  |  |
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|  | Fitness Skills  |  |
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| WEEK 5 | Management Organization  | Rules, Procedures, and Routines |
|  | Social Skills  |  |
|  | Movement Concepts  |  |
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| WEEK 6 | Management Organization  | Rules, Procedures, and Routines |
|  | Social Skills  |  |
|  | Movement Concepts  |  |
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| WEEK 7 | Management Organization  | Rules, Procedures, and Routines |
|  | Social Skills  |  |
|  | Movement Concepts  |  |
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| WEEK 8 | Management Organization  | Rules, Procedures, and Routines |
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|  | Movement Concepts  |  |
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| WEEK 9 | Management Organization  | Rules, Procedures, and Routines |
|  | Social Skills  |  |
|  | Movement Concepts  |  |
|  | Movement Skills  |  |
|  | Fitness Skills  |  |