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| **Q1** | **Core Standard Expectations** | **9-12 Physical Education** |
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| WEEK 1 | Management Organization | Rules, Procedures, and Routines  Safety |
|  | 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 Fitness  Assess Health Related Components of Fitness  Assess personal cardiovascular endurance  Assess personal arm and shoulder strength  Assess personal abdominal strength or endurance  Assess personal flexibility  Determine personal body mass  Personal Fitness Plan  Construct a fitness profile  List activities for personal plan  Relate activity benefits  Structure program plan  Put it in writing – chart daily progress  Evaluate and modify your program |
|  | Fitness Skills and concepts | Fitness Activities  Perform stretching/flexibility exercises  Perform strength exercises (select several)  Perform endurance exercises |
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| WEEK 2 | Management Organization | Rules, Procedures and Routines |
|  | Social Skills |  |
|  | Movement Concepts | GOLF  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 | Distinguish between different clubs and their functions  Display 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 situations  Exhibit positive personal and social skills needed to work with others and independently  Respond to challenges, successes and failures in socially appropriate ways  Demonstrate proper warm-up and cool-down for golf  Display proper care of golf equipment  Explain how participating in golf can be enjoyable and self-challenging  Describe 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 exercises  Perform 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 performance  Develop and apply more advanced movement and game strategies |
|  | Movement Skills | Tennis  Demonstrate grips in game situations  Demonstrate the ready position in game situations  Demonstrate the forehand in game situations  Demonstrate the backhand in game situations  Demonstrate the overhead serve in game situations Execute strategies, protocols, and rules in game situations  Exhibit positive personal and social skills needed to work with others and independently  Respond to challenges, successes, and failures in socially acceptable ways  Demonstrate proper warm-up and cool-down for tennis  Display proper care of tennis equipment  Explain how participating in tennis can be enjoyable and self-challenging  Describe how participating in tennis can help one maintain a healthy lifestyle |
|  | Fitness Skills | Fitness Activities  Perform stretching/flexibility exercises  Perform 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 hurdles  Display proper mechanics for running relay events  Display proper mechanics of the long jump and standing broad jump  Demonstrate proper mechanics for the softball throw/shot put  Demonstrate proper mechanics for the high jump  Execute strategies, protocols, and rules in event situations  Exhibit positive personal and social skills needed to work with others and independently  Respond to challenges, successes, and failures in socially acceptable ways  Demonstrate proper warm-up and cool-down for track and field  Display proper care of track and field equipment  Explain how participating in track and field can be enjoyable and self-challenging  Describe how participating in track and field can help one maintain a healthy lifestyle |
|  | Fitness Skills | Fitness Activities  Perform stretching/flexibility exercises  Perform 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 | Dance  Perform the basic steps to a variety of folk dances  Perform basic moves in a variety of square dances  Demonstrate basic steps to social dances  Demonstrate basic steps in line dances to appropriate music  Perform basic movements in aerobic dance routines  Demonstrate proper dance and aerobic warm-up and cool-down  Display proper care of dance and aerobic equipment  Explain how participating in dance and aerobic can be enjoyable and self-challenging  Describe 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 exercises  Perform 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 | Stunts  Perform upright springs  Perform individual supports  Perform partner supports  Perform inverted supports  Tumbling  Demonstrate basic rolls  Demonstrate transitional supports  Execute strategies, protocols, and rules for stunts and tumbling  Exhibit positive personal and social skills needed to work with others and independently  Respond to challenges, successes, and failures in socially acceptable ways  Demonstrate proper spotting techniques  Demonstrate general safety rules for stunts and tumbling  Explain how participating in stunts and tumbling can be enjoyable and self-challenging  Describe how participating in stunts and tumbling can help one maintain a healthy lifestyle |
|  | Fitness Skills | Fitness Activities  Perform stretching/flexibility exercises  Perform 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 exercises  Perform 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 exercises  Perform 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 |  |
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| WEEK 7 | Management Organization | Rules, Procedures, and Routines |
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|  | Movement Concepts |  |
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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 |
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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 |  |
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| WEEK 3 | Management Organization | Rules, Procedures, and Routines |
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| WEEK 8 | Management Organization | Rules, Procedures, and Routines |
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|  | Fitness Skills |  |
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| WEEK 9 | Management Organization | Rules, Procedures, and Routines |
|  | Social Skills |  |
|  | Movement Concepts |  |
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|  | Fitness Skills |  |
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| Q4 | 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 |  |
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| WEEK 3 | Management Organization | Rules, Procedures, and Routines |
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|  | Movement Concepts |  |
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| WEEK 4 | Management Organization | Rules, Procedures, and Routines |
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| WEEK 6 | Management Organization | Rules, Procedures, and Routines |
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| WEEK 7 | Management Organization | Rules, Procedures, and Routines |
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| WEEK 8 | Management Organization | Rules, Procedures, and Routines |
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| WEEK 9 | Management Organization | Rules, Procedures, and Routines |
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