

Semester One						Physical Education Orientation Week						Semester Two					
M	T	W	TH	F		Personal and Social Responsibilities Expectations; Teamwork, Cooperation, Sportsmanship, Etiquette; Safety						M	T	W	TH	F	
August 2019						Unit 1: History *Fitnessgram						January 2020					
			1	2		Course Standards - CPALMS			Essential Topics and Vocabulary					1	2	3	
5	6	7	8	9	PE.912.C.2.2 PE.912.C.2.5 PE.912.C.2.15 PE.912.2.16	Warm-up, Cool down, Aerobic activities, Anaerobic activities, Terminology, Etiquette in dance, Relationship between music and dance, Target heart rate, Monitor intensity during activity						6	7	8	9	10	
12	13	14	15	16	13							14	15	16	17		
19	20	21	22	23	20							21	22	23	24		
26	27	28	29	30	Unit 2: Dance						27	28	29	30	31		
September 2019						Course Standards - CPALMS			Essential Topics and Vocabulary			February 2020					
2	3	4	5	6	PE.912.L.3.1 PE.912.L.3.2 PE.912.M.1.5 PE.912.L.3.6	Moderate to vigorous physical activity, Health-related components of fitness, Stress management, Risks and safety factors, Self-improvement, Zumba, Hip Hop						3	4	5	6	7	
9	10	11	12	13	10							11	12	13	14		
16	17	18	19	20	17							18	19	20	21		
23	24	25	26	27	Unit 3: Program Development						24	25	26	27	28		
30					Course Standards - CPALMS			Essential Topics and Vocabulary			March 2020						
October 2019						PE.912.M.1.8 PE.912.M.1.14 PE.912.R.5.2 PE.912.M.1.35	Warm-up, Cool down, Aerobic activities, technology, assessment, equipment, design and perform, inclusion, maintain/enhance health and skill related fitness levels						2	3	4	5	6
	1	2	3	4	PE.912.M.1.15	9							10	11	12	13	
7	8	9	10	11	16	17							18	19	20		
14	15	16	17	18	Unit 4: Performance						23	24	25	26	27		
21	22	23	24	25	Course Standards - CPALMS			Essential Topics and Vocabulary			30	31					
28	29	30	31		PE.912.C.2.2 PE.912.L.3.1 PE.912.M.1.35 PE.912.M.1.5	Warm-up, Cool down, Aerobic activities, Moderate to vigorous physical activities, Step, Dance, Zumba, Hip Hop, Assessment						April 2020					
November 2019														1	2	3	
				1	6							7	8	9	10		
4	5	6	7	8	Fitnessgram Post Assessment						13	14	15	16	17		
11	12	13	14	15	DWT DAY						20	21	22	23	24		
18	19	20	21	22	END OF SEMESTER CELEBRATIONS/REVIEW PRIOR CONTENT/COOPERATIVE GAMES						27	28	29	30			
25	26	27	28	29	NO CLASSES						May 2020						
December 2019										1							
2	3	4	5	6	4	5	6	7	8								
9	10	11	12	13	11	12	13	14	15								
16	17	18	19	20	18	19	20	21	22								
23	24	25	26	27	25	26	27	28	29								
30	31				June 2020												
					1	2	3	4	5								

NO CLASSES