

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 and Rules * Fitnessgram						January 2020					
			1	2		Course Standards - CPALMS	Essential Topics and Vocabulary							1	2	3	
5	6	7	8	9	PE.912.C.1.25 PE.912.C.1.28	Aerobic activities, Anaerobic activities, Warm-up, Cool-down, History of basketball, Rules of basketball					6	7	8	9	10		
12	13	14	15	16							13	14	15	16	17		
19	20	21	22	23		Unit 2: Skill Development						20	21	22	23	24	
26	27	28	29	30		Course Standards - CPALMS	Essential Topics and Vocabulary					27	28	29	30	31	
September 2019						PE.912.R.1.3 PE.912.C.1.22 PE.912.M.1.30	Passing (chest, bounce, overhead), Catching (proper hand placement and footwork), Ball-handling (right, left, crossover, reverse, between the legs, behind the back, hesitation), Shooting (lay-ups, jump shots, free throws), Screens/Picks (position, footwork), Rebounding (proper position, footwork)					February 2020					
2	3	4	5	6	PE.912.C.1.26						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: Defense						24	25	26	27	28	
30						Course Standards - CPALMS	Essential Topics and Vocabulary					March 2020					
October 2019						PE.912.C.1.7 PE.912.M.1.30 PE.912.M.1.34	Warm-up, Cool down, Proper defensive stance (positioning, footwork), defensive strategies and tactics (zones, man)					2	3	4	5	6	
	1	2	3	4							9	10	11	12	13		
7	8	9	10	11							16	17	18	19	20		
14	15	16	17	18		Unit 4: Offense						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.1.7 PE.912.C.1.21	Risks and safety factors, Warm-up, Cool down, Offensive strategies and tactics (zones, man), Fastbreak (positioning, footwork)					April 2020						
November 2019						PE.912.M.1.30 PE.912.M.1.10								1	2	3	
				1							6	7	8	9	10		
4	5	6	7	8		Unit 5: Officiating and Game Play						13	14	15	16	17	
11	12	13	14	15		Course Standards - CPALMS	Essential Topics and Vocabulary					20	21	22	23	24	
18	19	20	21	22	PE.912.C.1.25 PE.912.C.1.28 PE.912.R.1.2	Official signals, Rules interpretation, Score keeping (scorebook and scoreboard), 3-on-3 Tournament, 5-on-5 Game play/tournament, Other games (knock out, 3 point shootout)					27	28	29	30			
25	26	27	28	29	PE.912.L.1.6						May 2020						
December 2019															1		
2	3	4	5	6		FitnessGram Post Assessment						4	5	6	7	8	
9	10	11	12	13		DWT DAY						11	12	13	14	15	
16	17	18	19	20		END OF SEMESTER CELEBRATIONS/REVIEW PRIOR CONTENT/COOPERATIVE GAMES						18	19	20	21	22	
23	24	25	26	27		NO CLASSES						25	26	27	28	29	
30	31										June 2020						
											1	2	3	4	5		

NO CLASSES