

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 Pre test					January 2020									
			1	2	<u>Course Standards - CPALMS</u>			Essential Topics and Vocabulary					1	2	3				
5	6	7	8	9	PE.912.M.1.15	PE.912.R.2.3	PE.912.C.1.21	Aerobic activities, Anaerobic activities, Warm-up, Cool down, History, Rules, Skill-related components of fitness			6	7	8	9	10				
12	13	14	15	16	PE.912.C.1.28	PE.912.C.1.25	13				14	15	16	17					
19	20	21	22	23							20	21	22	23	24				
26	27	28	29	30							27	28	29	30	31				
September 2019					Unit 2: Skill Development					February 2020									
					<u>Course Standards - CPALMS</u>			Essential Topics and Vocabulary											
2	3	4	5	6	PE.912.M.1.15	PE.912.R.2.3	PE.912.C.1.21	Warm-up, Cool down, Dribbling (footwork, ball control), Passing (footwork, foot-eye coordination, ball control), Throw-ins (proper technique), Shooting (body position, power, follow through), Goal tending (body position, reaction time)			3	4	5	6	7				
9	10	11	12	13	PE.912.C.1.28	PE.912.C.1.25	10				11	12	13	14					
16	17	18	19	20							17	18	19	20	21				
23	24	25	26	27							24	25	26	27	28				
30					Unit 3: Game Play and Officiating					March 2020									
October 2019					<u>Course Standards - CPALMS</u>			Essential Topics and Vocabulary											
	1	2	3	4	PE.912.M.1.15	PE.912.C.1.21	PE.912.R.2.3	Warm-up, Cool down, Offensive strategies and tactics, Defensive strategies and tactics, Officiating (rules interpretation), Score keeping, modified games			2	3	4	5	6				
7	8	9	10	11	PE.912.C.1.28	PE.912.C.1.25	9				10	11	12	13					
14	15	16	17	18							16	17	18	19	20				
21	22	23	24	25							23	24	25	26	27				
28	29	30	31		Unit 4: Tournament					30	31								
November 2019					<u>Course Standards - CPALMS</u>			Essential Topics and Vocabulary			April 2020								
				1	PE.912.M.1.15	PE.912.R.2.3	PE.912.C.1.21	Warm-up, Cool down, Offensive strategies and tactics, Defensive strategies and tactics, Officiating (rules interpretation), Score keeping, games, Round Robin, Double elimination					1	2	3				
4	5	6	7	8	PE.912.C.1.28	PE.912.C.1.25	6				7	8	9	10					
11	12	13	14	15							13	14	15	16	17				
18	19	20	21	22							20	21	22	23	24				
25	26	27	28	29	Fitnessgram Post Assessment					27	28	29	30						
December 2019					DWT DAY					May 2020									
NO CLASSES					END OF SEMESTER CELEBRATIONS/REVIEW PRIOR CONTENT/COOPERATIVE GAMES														
NO CLASSES					NO CLASSES					June 2020									
2	3	4	5	6								1							
9	10	11	12	13				4	5	6	7	8							
16	17	18	19	20				11	12	13	14	15							
23	24	25	26	27				18	19	20	21	22							
30	31							25	26	27	28	29							
										1	2	3	4	5					

NO CLASSES