

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					<b>Unit 1: History and Rules *Fitnessgram</b>					January 2020					
			1	2	<u>Course Standards - CPALMS</u>			<b>Essential Topics and Vocabulary</b>				1	2	3	
5	6	7	8	9	PE.912.C.2.7	PE.912.C.2.22	PE.912.M.1.15	History, Rules, Warm-up, Cool down, Aerobic activities, Anaerobic activities, Skill-related components of fitness, Health-related components of fitness, Sportsmanship		6	7	8	9	10	
12	13	14	15	16	PE.912.C.2.28	PE.912.C.2.25				13	14	15	16	17	
19	20	21	22	23						20	21	22	23	24	
26	27	28	29	30	<b>Unit 2: Throwing and Catching</b>					27	28	29	30	31	
September 2019					<u>Course Standards - CPALMS</u>			<b>Essential Topics and Vocabulary</b>		February 2020					
2	3	4	5	6	PE.912.C.2.7	PE.912.C.2.22	PE.912.M.1.15	Warm-up, Cool down, Throwing (footwork, arm position, follow through, types of throws, various distances), Catching (proper body position, two hands, footwork, hand eye coordination)		3	4	5	6	7	
9	10	11	12	13	PE.912.C.2.24	PE.912.C.2.26	PE.912.C.2.28			10	11	12	13	14	
16	17	18	19	20	PE.912.C.2.25						17	18	19	20	21
23	24	25	26	27	<b>Unit 3: Hitting</b>					24	25	26	27	28	
30					<u>Course Standards - CPALMS</u>			<b>Essential Topics and Vocabulary</b>		March 2020					
October 2019					PE.912.C.2.7	PE.912.C.2.22	PE.912.M.1.15	Warm-up, Cool down, Hitting (proper stance, hand grip, footwork, swing, follow through), Soft toss, Live pitching, Bunting, Drag Bunt, Slapping		2	3	4	5	6	
	1	2	3	4	PE.912.C.2.24	PE.912.C.2.26	PE.912.C.2.28			9	10	11	12	13	
7	8	9	10	11	PE.912.M.1.23	PE.912.C.2.25	PE.912.M.1.10			16	17	18	19	20	
14	15	16	17	18	PE.912.M.1.25						23	24	25	26	27
21	22	23	24	25	<b>Unit 4: Fielding</b>					30	31				
28	29	30	31		<u>Course Standards - CPALMS</u>			<b>Essential Topics and Vocabulary</b>		April 2020					
November 2019					PE.912.C.2.7	PE.912.C.2.9	PE.912.M.1.10	Warm-up, Cool down, Body position, Glove position, Footwork, Hand eye coordination				1	2	3	
				1	PE.912.M.1.10	PE.912.M.1.15	PE.912.C.2.25			6	7	8	9	10	
4	5	6	7	8	PE.912.C.2.24						13	14	15	16	17
11	12	13	14	15	<b>Unit 5: Game Play and Umpiring</b>					20	21	22	23	24	
18	19	20	21	22	<u>Course Standards - CPALMS</u>			<b>Essential Topics and Vocabulary</b>		27	28	29	30		
25	26	27	28	29	PE.912.M.1.15	PE.912.C.2.21	PE.912.C.2.22	Warm-up, Cool down, Rules interpretation, Strike Zone, Games (modified and standard), Sportsmanship, Scorekeeping (scorebook, scoreboard)		May 2020					
December 2019					PE.912.C.2.28	PE.912.M.1.10	PE.912.R.5.3							1	
2	3	4	5	6	PE.912.C.2.7						4	5	6	7	8
9	10	11	12	13	<b>Fitnessgram Post Assessment</b>					11	12	13	14	15	
16	17	18	19	20	<b>DWT DAY</b>					18	19	20	21	22	
23	24	25	26	27	<b>CONTENT/DISTRICT COMMON ASSESSMENTS</b>					25	26	27	28	29	
30	31				<b>NO CLASSES</b>					June 2020					
										1	2	3	4	5	

**NO CLASSES**