

| 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.L.1.4                                                                                               | PE.912.R.1.3  | PE.912.R.1.4                    | History, Rules, Warm-up, Cool down, Aerobic activities, Anaerobic activities, Target heart rate, Court dimensions and markings, Equipment, Sportsmanship                                                              |  |               | 6        | 7  | 8  | 9  | 10 |   |   |   |    |  |
| 12             | 13 | 14 | 15 | 16 | PE.912.M.1.5                                                                                               | PE.912.M.1.15 | PE.912.C.1.28                   |                                                                                                                                                                                                                       |  |               | 13       | 14 | 15 | 16 | 17 |   |   |   |    |  |
| 19             | 20 | 21 | 22 | 23 | PE.912.R.2.3                                                                                               |               | 20                              |                                                                                                                                                                                                                       |  |               | 21       | 22 | 23 | 24 |    |   |   |   |    |  |
| 26             | 27 | 28 | 29 | 30 | Unit 2: Grips and Ready Position                                                                           |               |                                 |                                                                                                                                                                                                                       |  | 27            | 28       | 29 | 30 | 31 |    |   |   |   |    |  |
| September 2019 |    |    |    |    | Course Standards - CPALMS                                                                                  |               | Essential Topics and Vocabulary |                                                                                                                                                                                                                       |  | February 2020 |          |    |    |    |    |   |   |   |    |  |
| 2              | 3  | 4  | 5  | 6  | PE.912.L.1.4                                                                                               | PE.912.R.1.3  | PE.912.R.1.4                    | Warm-up, Cool down, Hand Grips (forehand, backhand, volley), Ball-handling, Ready position (athletic stance, footwork)                                                                                                |  |               | 3        | 4  | 5  | 6  | 7  |   |   |   |    |  |
| 9              | 10 | 11 | 12 | 13 | PE.912.M.1.5                                                                                               | PE.912.M.1.15 | PE.912.C.1.28                   |                                                                                                                                                                                                                       |  |               | 10       | 11 | 12 | 13 | 14 |   |   |   |    |  |
| 16             | 17 | 18 | 19 | 20 | PE.912.R.2.3                                                                                               |               | 17                              |                                                                                                                                                                                                                       |  |               | 18       | 19 | 20 | 21 |    |   |   |   |    |  |
| 23             | 24 | 25 | 26 | 27 | Unit 3: Skill Development                                                                                  |               |                                 |                                                                                                                                                                                                                       |  | 24            | 25       | 26 | 27 | 28 |    |   |   |   |    |  |
| 30             |    |    |    |    | Course Standards - CPALMS                                                                                  |               | Essential Topics and Vocabulary |                                                                                                                                                                                                                       |  | March 2020    |          |    |    |    |    |   |   |   |    |  |
| October 2019   |    |    |    |    | PE.912.L.1.4                                                                                               | PE.912.R.1.3  | PE.912.R.1.4                    | Forehand/Backhand (grip, arm swing, follow through), Serve (body position, ball toss, footwork, arm swing, follow through, court location), Volley (footwork, combination of strokes), Overhead Smash, Lob, Drop Shot |  |               | 2        | 3  | 4  | 5  | 6  |   |   |   |    |  |
|                | 1  | 2  | 3  | 4  | PE.912.M.1.5                                                                                               | PE.912.M.1.15 | PE.912.C.1.28                   |                                                                                                                                                                                                                       |  |               | 9        | 10 | 11 | 12 | 13 |   |   |   |    |  |
| 7              | 8  | 9  | 10 | 11 | PE.912.R.2.3                                                                                               |               | 16                              |                                                                                                                                                                                                                       |  |               | 17       | 18 | 19 | 20 |    |   |   |   |    |  |
| 14             | 15 | 16 | 17 | 18 | Unit 4: Game Play                                                                                          |               |                                 |                                                                                                                                                                                                                       |  | 23            | 24       | 25 | 26 | 27 |    |   |   |   |    |  |
| 21             | 22 | 23 | 24 | 25 |                                                                                                            |               |                                 |                                                                                                                                                                                                                       |  | 30            |          |    |    |    | 31 |   |   |   |    |  |
| 28             | 29 | 30 | 31 |    |                                                                                                            |               |                                 |                                                                                                                                                                                                                       |  | April 2020    |          |    |    |    |    |   |   |   |    |  |
| November 2019  |    |    |    |    | PE.912.L.1.4                                                                                               | PE.912.R.1.3  | PE.912.R.1.4                    | Singles (rules and scoring), Doubles (rules and scoring)                                                                                                                                                              |  |               |          |    |    |    |    |   | 1 | 2 | 3  |  |
|                |    |    |    | 1  | PE.912.M.1.5                                                                                               | PE.912.M.1.15 | PE.912.C.1.28                   |                                                                                                                                                                                                                       |  |               |          |    |    |    | 6  | 7 | 8 | 9 | 10 |  |
| 4              | 5  | 6  | 7  | 8  | PE.912.R.2.3                                                                                               |               | 13                              |                                                                                                                                                                                                                       |  |               | 14       | 15 | 16 | 17 |    |   |   |   |    |  |
| 11             | 12 | 13 | 14 | 15 | Unit 5: Officiating and Tournament                                                                         |               |                                 |                                                                                                                                                                                                                       |  | 20            | 21       | 22 | 23 | 24 |    |   |   |   |    |  |
| 18             | 19 | 20 | 21 | 22 | Course Standards - CPALMS                                                                                  |               | Essential Topics and Vocabulary |                                                                                                                                                                                                                       |  | 27            | 28       | 29 | 30 |    |    |   |   |   |    |  |
| 25             | 26 | 27 | 28 | 29 | PE.912.L.1.4                                                                                               | PE.912.R.1.3  | PE.912.R.1.4                    | Singles (rules and scoring), Doubles (rules and scoring), Round Robin, Officiating, Score keeping                                                                                                                     |  |               | May 2020 |    |    |    |    |   |   |   |    |  |
| December 2019  |    |    |    |    | PE.912.M.1.5                                                                                               | PE.912.M.1.15 | PE.912.C.1.28                   |                                                                                                                                                                                                                       |  |               |          |    |    |    | 1  |   |   |   |    |  |
| 2              | 3  | 4  | 5  | 6  | PE.912.R.2.3                                                                                               |               | 4                               |                                                                                                                                                                                                                       |  |               | 5        | 6  | 7  | 8  |    |   |   |   |    |  |
| 9              | 10 | 11 | 12 | 13 | Fitnessgram Post Assessment                                                                                |               |                                 |                                                                                                                                                                                                                       |  | 11            | 12       | 13 | 14 | 15 |    |   |   |   |    |  |
| 16             | 17 | 18 | 19 | 20 | DWT DAY                                                                                                    |               |                                 |                                                                                                                                                                                                                       |  | 18            | 19       | 20 | 21 | 22 |    |   |   |   |    |  |
| 23             | 24 | 25 | 26 | 27 | END OF SEMESTER CELEBRATIONS/REVIEW PRIOR CONTENT/COOPERATIVE GAMES                                        |               |                                 |                                                                                                                                                                                                                       |  | 25            | 26       | 27 | 28 | 29 |    |   |   |   |    |  |
| 30             | 31 |    |    |    | NO CLASSES                                                                                                 |               |                                 |                                                                                                                                                                                                                       |  | June 2020     |          |    |    |    |    |   |   |   |    |  |
|                |    |    |    |    |                                                                                                            |               |                                 |                                                                                                                                                                                                                       |  | 1             | 2        | 3  | 4  | 5  |    |   |   |   |    |  |

NO CLASSES