

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	<u>Course Standards - CPALMS</u>	Essential Topics and Vocabulary								1	2	3	
5	6	7	8	9	PE.912.C.1.25 PE.912.C.1.28 PE.912.M.1.15	Aerobic activities, Anaerobic activities, Warm-up, Cool down, History of Volleyball, Rules of Volleyball						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: Skill Development						27	28	29	30	31		
September 2019						<u>Course Standards - CPALMS</u>						Essential Topics and Vocabulary					
2	3	4	5	6	PE.912.M.1.15 PE.912.M.1.25 PE.912.M.1.30	Forearm passing (proper position), Overhead passing (proper body position, hand placement), Serving (underhand, overhand), Spiking (proper footwork, arm swing), Blocking (proper position, timing)						3	4	5	6	7	
9	10	11	12	13	PE.912.R.1.3 PE.912.M.1.33							10	11	12	13	14	
16	17	18	19	20								17	18	19	20	21	
23	24	25	26	27	Unit 3: Game Play						24	25	26	27	28		
30					<u>Course Standards - CPALMS</u>						Essential Topics and Vocabulary						
October 2019						PE.912.M.1.15 PE.912.M.1.30 PE.912.C.1.23						Positions, Rotations, Rules and Procedures (substitutions, Libero), Score keeping (Scorebook, scoreboard)					
	1	2	3	4								2	3	4	5	6	
7	8	9	10	11								9	10	11	12	13	
14	15	16	17	18	Unit 4: Officiating						16	17	18	19	20		
21	22	23	24	25	<u>Course Standards - CPALMS</u>						Essential Topics and Vocabulary						
28	29	30	31		PE.912.C.1.28 PE.912.R.1.3 PE.912.L.1.6	Officials signals, Rules interpretation						23	24	25	26	27	
November 2019												April 2020					
				1										1	2	3	
4	5	6	7	8	Unit 5: Tournament						6	7	8	9	10		
11	12	13	14	15	<u>Course Standards - CPALMS</u>						Essential Topics and Vocabulary						
18	19	20	21	22	PE.912.M.1.15 PE.912.C.1.25 PE.912.R.1.5	4-on-4, 6-on-6, Round Robin						13	14	15	16	17	
25	26	27	28	29	PE.912.M.1.32 PE.912.M.1.35							20	21	22	23	24	
December 2019												May 2020					
2	3	4	5	6	Fitnessgram Post Assessment										1		
9	10	11	12	13	DWT DAY						4	5	6	7	8		
16	17	18	19	20	END OF SEMESTER CELEBRATIONS/REVIEW PRIOR CONTENT/COOPERATIVE GAMES						11	12	13	14	15		
23	24	25	26	27	NO CLASSES						18	19	20	21	22		
30	31										25	26	27	28	29		
												June 2020					
												1	2	3	4	5	

NO CLASSES