

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 Safety *Fitnessgram					January 2020				
			1	2	<u>Course Standards - CPALMS</u>	<u>Essential Topics and Vocabulary</u>						1	2	3
5	6	7	8	9	PE.912.M.1.15 PE.912.M.1.34 PE.912.M.1.35	Warm-up, Cool down, History, Safety, Flexibility				6	7	8	9	10
12	13	14	15	16	PE.912.C.1.25 PE.912.C.1.26 PE.912.L.1.6					13	14	15	16	17
19	20	21	22	23	PE.912.C.1.6 PE.912.R.1.5					20	21	22	23	24
26	27	28	29	30	Unit 2: Principles of Training					27	28	29	30	31
September 2019					<u>Course Standards - CPALMS</u>	<u>Essential Topics and Vocabulary</u>				February 2020				
2	3	4	5	6	PE.912.M.1.15 PE.912.M.1.34 PE.912.M.1.35	Warm-up, Cool down, Muscular System, Specificity, Overload, Progression, Reversibility, FITT				3	4	5	6	7
9	10	11	12	13	PE.912.C.1.25 PE.912.C.1.26 PE.912.L.1.6					10	11	12	13	14
16	17	18	19	20	PE.912.C.1.6 PE.912.R.1.5					17	18	19	20	21
23	24	25	26	27	Unit 3: Major Muscle Groups					24	25	26	27	28
30					<u>Course Standards - CPALMS</u>	<u>Essential Topics and Vocabulary</u>				March 2020				
October 2019					PE.912.M.1.15 PE.912.M.1.34 PE.912.M.1.35	Muscular system (identify and label), Lifts for each muscle group, Spotting, Record Progress				2	3	4	5	6
	1	2	3	4	PE.912.C.1.25 PE.912.L.1.6 PE.912.R.1.5					9	10	11	12	13
7	8	9	10	11	PE.912.C.1.26 PE.912.C.1.6					16	17	18	19	20
14	15	16	17	18	Unit 4: Nutrition and Program Development					23	24	25	26	27
21	22	23	24	25	<u>Course Standards - CPALMS</u>	<u>Essential Topics and Vocabulary</u>				30	31			
28	29	30	31		PE.912.M.1.15 PE.912.M.1.34 PE.912.M.1.35	Proper nutrition, Calorie intake, Develop and utilize a training program, Record progress				April 2020				
November 2019					PE.912.C.1.25 PE.912.C.1.26 PE.912.L.1.6							1	2	3
				1	PE.912.C.1.6 PE.912.R.1.5					6	7	8	9	10
4	5	6	7	8	Fitnessgram Post Assessment					13	14	15	16	17
11	12	13	14	15	DWT DAY					20	21	22	23	24
18	19	20	21	22	END OF SEMESTER CELEBRATIONS/REVIEW PRIOR CONTENT/COOPERATIVE GAMES					27	28	29	30	
25	26	27	28	29	NO CLASSES					May 2020				
December 2019														1
2	3	4	5	6						4	5	6	7	8
9	10	11	12	13						11	12	13	14	15
16	17	18	19	20						18	19	20	21	22
23	24	25	26	27						25	26	27	28	29
30	31									June 2020				
										1	2	3	4	5

NO CLASSES