|  | **August 2024** |  |
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| **Sun** | **Mon** | **Tue** | **Wed** | **Thu** | **Fri** | **Sat** |
| Learning Target Success Criteria 1 Success Criteria 2ActiviationFocusGuidedCollabIndependent/Closing |  |  |  | 1  | 2  | 3  |
| 4 **Believe In You** Learning Target :I can explaint the rules and expectatioins for the PE classroom & gymSuccess Criteria 1: I can demonstrate my understanding of the classroom & gym expectations Success Criteria 2:I can name and identify 10 major muslces and their functions. | 5  | 6 Obj: Following rules and procedures, routines appropriate for trainingA-attendance & introF-Class ExpectationsG-Gym CirlceC- Gym WalkI- Back to Class | 7 Obj: dentifying major muscles groupsA-muscle videoF-coach review & demoG-C- students identify musclesI- peer review-watch video-color sheet & matching sheet-Warmup (Review of dynamic & static) | 8 -Students work on presentation for FridayA-muscle relayF- coach review expectationsG-C- group practice & presentI- peer review | 9 (gym)Presentations A-video of how presentations should be doneF- coach review expectationsG-N/aC- students work in groups to present on major muscles of the human bodyI-  | 10 Resources:1.Muscle Video:<https://m.youtube.com/watch>?V=z7psWfRLXFY  |
| 11 **Believe In You Unit from OPEN*****Fitness Pre Assessment (opens 5th and closes October 25th)******CPR & AED-****use as common assessment* *(Could we do all PE classes in the auditorium/classes in designated areas??)*Learning Target I can list the steps for performing CPR and using the AEDSuccess Criteria 1I can model the steps for performing CPR and AEDSuccess Criteria 2I can explain and distinguish between adult and child CPR and AED | 12 -A- Given Physical Activity LogF-G-CPR video & questionsC- I-  | 13 CPR & AED InstructionA-F-AED video & questionsG-class review questionsC- 3 Groups Practice CPR & 3 Groups pick a card fitnessI- finish question if time permits | 14 CPR & AED InstructionGYM\*\*talk to Dr. MIddletonA-Rock Paper Scissor Introductions (state name & one thing of interest then play: winner will take a lap or 12 high knees & loser will do 5 squats)F-CPR with breaths & child CPRG-C- I-  | 15 CPR & AED InstructionA-Instructions on board for group practiceF-coach facilitation as groups practiceG-Follow along with videoC- group members provide feedbackI- sticky notes questions | 16 (No Gym)CPR & AED Presentation/AssessmentA-Coach provide assessment expectationsF-3 per class called for assessment G-C- I- quiziz assessement (10-15 questions) | 17 ***Pick a card fitness***: 20 seconds each exerciseHeart: aerobic capacity-jumping jacksDiamonds: flexibility-front bend toe touchClubs: Muscular strength-push upsSpades: Muscular Endurance-planks |
| 18 **Believe In You Uni** **from OPEN****Choosing the BEST**Spotting & Lifting Techniques | 19 Vocab: biomechanics, resistance, training, plyometric exercises, sets, reps, workload, strength endurance, strategy, tactics, concepts, skills, longevity A-F- Believe In Me Project Role Out- using principles of specificity due 8/22/24G-C- I-  | 20 Physical Activity Log due from previous weekA-F-G-C- Vision Board I-  | 21 A-F-G-Warmup & Walk for 10 minutesC- Work on Vision BoardI-  | 22 Vision Board PRESENTATIONA-F-G-C- Vision Board Presentations (can have friend stand with you if you want)I-  | 23 A-F-G-C- Finish PresentationsI-  | 24  |
| 25 Volleyball UnitLearning Target Success Criteria 1 Success Criteria 2**ADAP** | 26 Height, weight, sit & reachA-Class escorted to designated area for assessment F-Coach inform students of instructions for assessmentG- students report when called (10 per station at a time)C- Students work in groups & independently complete fitness assessmentsI- Students & coach record dataPre-Assessment Fitness Gram | 27 Physical Activty Log due from previous weekPush ups & curl ups A-F-G-C- same as previous dayI- same as previous dayPre-Assessment Fitness Gram | 28 15 Pacer A-F-G-C- same as previous dayI- same as previous dayPre-Assessment Fitness Gram | 29 MakeupsA-F-G-C- I- Students upload score sheet for Fitness Gram into Canvas | 30 Components of fitness quiz FridayA-RemindersF-Login to quizzizG- N/AC- N/AI- Students complete assessment | 31  |

|  | **September 2024** |  |
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| **Sun** | **Mon** | **Tue** | **Wed** | **Thu** | **Fri** | **Sat** |
| 1 Flag FootballLearning Target Success Criteria 1 Success Criteria 2**Makeup Week**  | 2  | 3 SMART goals  | 4 A-SMART goal videoF-SMART goal G-Coach model expectationsC-Fitness CircuitI-Makeup Assignments | 5 A-N/AF-same G-sameC-Walk I-Makeups | 6 A-N/AF-N/AG-N/AC-Warmip & Free I-Parent contact & students conference | 7  |
| 8  PickleballLearning Target Success Criteria 1 Success Criteria 2**Unit 1** | 9  | 10  | 11  | 12  | 13  | 14  |
| 15 SpikeballLearning Target Success Criteria 1 Success Criteria 2**Unit 2** | 16  | 17  | 18  | 19  | 20  | 21  |
| 22 Tai ChiLearning Target Success Criteria 1 Success Criteria 2**Unit 3** | 23  | 24  | 25  | 26  | 27  | 28  |
| 29 BadmintonLearning Target Success Criteria 1 Success Criteria 2**Makeups** | 30  |  |

| [◄ Sep 2024](#September_2024) | **October 2024** | [Nov 2024 ►](#November_2024" \o "Jump to Nov 2024) |
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| **Sun** | **Mon** | **Tue** | **Wed** | **Thu** | **Fri** | **Sat** |
|  |  | 1  | 2  | 3  | 4  | 5  |
| 6 Fitness and Track & FieldLearning Target Success Criteria 1 Success Criteria 2**Unit 4** | 7  | 8  | 9  | 10  | 11  | 12  |
| 13 Basketball Learning Target Success Criteria 1 Success Criteria 2**Unit 5** | 14  | 15  | 16  | 17  | 18  | 19  |
| 20 Kickball & DodgeballLearning Target Success Criteria 1 Success Criteria 2**Unit 6** | 21  | 22  | 23  | 24  | 25  | 26  |
| 27 FitnessLearning Target Success Criteria 1 Success Criteria 2**Unit 7** | 28  | 29  | 30  | 31  |  |

| [◄ Oct 2024](#October_2024) | **November 2024** | [Dec 2024 ►](#December_2024" \o "Jump to Dec 2024) |
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| **Sun** | **Mon** | **Tue** | **Wed** | **Thu** | **Fri** | **Sat** |
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| 3 ***Track & Field*** Learning Target Success Criteria 1 Success Criteria 2**Makeups** | 4  | 5  | 6  | 7  | 8  | 9  |
| 10BowlingLearning Target Success Criteria 1 Success Criteria 2***Post Fitness Assessment (opens Nov 11th & closes Dec 20th)*****Final Exam Prep** | 11  | 12  | 13  | 14  | 15  | 16  |
| 17 Skating & FitnessLearning Target Success Criteria 1 Success Criteria 2**Final Exam Prep** | 18  | 19  | 20  | 21  | 22  | 23  |
| 24  | 25  | 26  | 27  | 28  | 29  | 30  |

| [◄ Nov 2024](#November_2024) | **December 2024** | [Jan 2025 ►](https://www.wincalendar.com/Holiday-Calendar/January-2025%22%20%5Co%20%22January%202025) |
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| **Sun** | **Mon** | **Tue** | **Wed** | **Thu** | **Fri** | **Sat** |
| 1 MakeupsSemester Portfolio – video, rap, written essay, booklet**Final Exam Prep** | 2  | 3  | 4  | 5  | 6  | 7  |
| 8 Semester Portfolio – video, rap, written essay, bookletFinal Exam Prep | 9  | 10  | 11  | 12  | 13  | 14  |
| 15 Semester Portfolio – video, rap, written essay, bookletFinal Exam Prep | 16  | 17  | 18  | 19  | 20  | 21  |
| 22  | 23  | 24  | 25  | 26  | 27  | 28  |
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| [◄ Dec 2024](https://www.wincalendar.com/Holiday-Calendar/December-2024%22%20%5Co%20%22December%202024) | **January 2025** | [Feb 2025 ►](#February_2025" \o "Jump to Feb 2025) |
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| [◄ Jan 2025](#January_2025) | **February 2025** | [Mar 2025 ►](#March_2025" \o "Jump to Mar 2025) |
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| [◄ Feb 2025](#February_2025) | **March 2025** | [Apr 2025 ►](#April_2025" \o "Jump to Apr 2025) |
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| [◄ Mar 2025](#March_2025) | **April 2025** | [May 2025 ►](#May_2025" \o "Jump to May 2025) |
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| 27  | 28  | 29  | 30  |  |

| [◄ Apr 2025](#April_2025) | **May 2025** | [Jun 2025 ►](#June_2025" \o "Jump to Jun 2025) |
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| [◄ May 2025](#May_2025) | **June 2025** | [Jul 2025 ►](#July_2025" \o "Jump to Jul 2025) |
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| 22  | 23  | 24  | 25  | 26  | 27  | 28  |
| 29  | 30  |  |