|  | **August 2024** | | | | |  |
| --- | --- | --- | --- | --- | --- | --- |
| **Sun** | **Mon** | **Tue** | **Wed** | **Thu** | **Fri** | **Sat** |
| Learning Target  Success Criteria 1 Success Criteria 2  Activiation  Focus  Guided  Collab  Independent/Closing |  |  |  | 1 | 2 | 3 |
| 4 **Believe In You**  Learning Target :  I can explaint the rules and expectatioins for the PE classroom & gym  Success 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 training  A-attendance & intro  F-Class Expectations  G-Gym Cirlce  C- Gym Walk  I- Back to Class | 7  Obj: dentifying major muscles groups  A-muscle video  F-coach review & demo  G-  C- students identify muscles  I- peer review  -watch video  -color sheet & matching sheet  -Warmup (Review of dynamic & static) | 8  -Students work on presentation for Friday  A-muscle relay  F- coach review expectations  G-  C- group practice & present  I- peer review | 9 (gym)  Presentations  A-video of how presentations should be done  F- coach review expectations  G-N/a  C- students work in groups to present on major muscles of the human body  I- | 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 AED  Success Criteria 1  I can model the steps for performing CPR and AED  Success Criteria 2  I can explain and distinguish between adult and child CPR and AED | 12  -  A- Given Physical Activity Log  F-  G-CPR video & questions  C-  I- | 13 CPR & AED Instruction  A-  F-AED video & questions  G-class review questions  C- 3 Groups Practice CPR & 3 Groups pick a card fitness  I- finish question if time permits | 14 CPR & AED Instruction  GYM\*\*talk to Dr. MIddleton  A-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 CPR  G-  C-  I- | 15 CPR & AED Instruction  A-Instructions on board for group practice  F-coach facilitation as groups practice  G-Follow along with video  C- group members provide feedback  I- sticky notes questions | 16 (No Gym)  CPR & AED Presentation/Assessment  A-Coach provide assessment expectations  F-3 per class called for assessment  G-  C-  I- quiziz assessement (10-15 questions) | 17  ***Pick a card fitness***: 20 seconds each exercise  Heart: aerobic capacity-jumping jacks  Diamonds: flexibility-front bend toe touch  Clubs: Muscular strength-push ups  Spades: 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 8/22/24  G-  C-  I- | 20  Physical Activity Log due from previous week  A-  F-  G-  C- Vision Board  I- | 21  A-  F-  G-Warmup & Walk for 10 minutes  C- Work on Vision Board  I- | 22  Vision Board PRESENTATION  A-  F-  G-  C- Vision Board Presentations (can have friend stand with you if you want)  I- | 23  A-  F-  G-  C- Finish Presentations  I- | 24 |
| 25  Volleyball Unit  Learning Target  Success Criteria 1 Success Criteria 2  **ADAP** | 26  Height, weight, sit & reach  A-Class escorted to designated area for assessment  F-Coach inform students of instructions for assessment  G- students report when called (10 per station at a time)  C- Students work in groups & independently complete fitness assessments  I- Students & coach record data  Pre-Assessment Fitness Gram | 27  Physical Activty Log due from previous week  Push ups & curl ups  A-  F-  G-  C- same as previous day  I- same as previous day  Pre-Assessment Fitness Gram | 28  15 Pacer  A-  F-  G-  C- same as previous day  I- same as previous day  Pre-Assessment Fitness Gram | 29  Makeups  A-  F-  G-  C-  I- Students upload score sheet for Fitness Gram into Canvas | 30  Components of fitness quiz Friday  A-Reminders  F-Login to quizziz  G- N/A  C- N/A  I- Students complete assessment | 31 |

|  | **September 2024** | | | | |  |
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| **Sun** | **Mon** | **Tue** | **Wed** | **Thu** | **Fri** | **Sat** |
| 1  Flag Football  Learning Target  Success Criteria 1 Success Criteria 2  **Makeup Week** | 2 | 3  SMART goals | 4  A-SMART goal video  F-SMART goal  G-Coach model expectations  C-Fitness Circuit  I-Makeup Assignments | 5  A-N/A  F-same  G-same  C-Walk  I-Makeups | 6  A-N/A  F-N/A  G-N/A  C-Warmip & Free  I-Parent contact & students conference | 7 |
| 8  Pickleball  Learning Target  Success Criteria 1 Success Criteria 2  **Unit 1** | 9 | 10 | 11 | 12 | 13 | 14 |
| 15  Spikeball  Learning Target  Success Criteria 1 Success Criteria 2  **Unit 2** | 16 | 17 | 18 | 19 | 20 | 21 |
| 22  Tai Chi  Learning Target  Success Criteria 1 Success Criteria 2  **Unit 3** | 23 | 24 | 25 | 26 | 27 | 28 |
| 29  Badminton  Learning 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 & Field  Learning 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 & Dodgeball  Learning Target  Success Criteria 1 Success Criteria 2  **Unit 6** | 21 | 22 | 23 | 24 | 25 | 26 |
| 27  Fitness  Learning 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 |
| 10  Bowling  Learning 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 & Fitness  Learning 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" \o "January 2025) |
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| **Sun** | **Mon** | **Tue** | **Wed** | **Thu** | **Fri** | **Sat** |
| 1  Makeups  Semester Portfolio – video, rap, written essay, booklet  **Final Exam Prep** | 2 | 3 | 4 | 5 | 6 | 7 |
| 8  Semester Portfolio – video, rap, written essay, booklet  Final Exam Prep | 9 | 10 | 11 | 12 | 13 | 14 |
| 15  Semester Portfolio – video, rap, written essay, booklet  Final Exam Prep | 16 | 17 | 18 | 19 | 20 | 21 |
| 22 | 23 | 24 | 25 | 26 | 27 | 28 |
| 29 | 30 | 31 |  | | | |

| [◄ Dec 2024](https://www.wincalendar.com/Holiday-Calendar/December-2024" \o "December 2024) | **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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| 30 | 31 |  | | | | |

| [◄ Mar 2025](#March_2025) | **April 2025** | | | | | [May 2025 ►](#May_2025" \o "Jump to May 2025) |
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| 13 | 14 | 15 | 16 | 17 | 18 | 19 |
| 20 | 21 | 22 | 23 | 24 | 25 | 26 |
| 27 | 28 | 29 | 30 |  | | |

| [◄ Apr 2025](#April_2025) | **May 2025** | | | | | [Jun 2025 ►](#June_2025" \o "Jump to Jun 2025) |
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| **Sun** | **Mon** | **Tue** | **Wed** | **Thu** | **Fri** | **Sat** |
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| 18 | 19 | 20 | 21 | 22 | 23 | 24 |
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| [◄ May 2025](#May_2025) | **June 2025** | | | | | [Jul 2025 ►](#July_2025" \o "Jump to Jul 2025) |
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| **Sun** | **Mon** | **Tue** | **Wed** | **Thu** | **Fri** | **Sat** |
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