



Monday 09/09/2019	Tuesday 09/10/2019	Wednesday 09/11/2019	Thursday 09/12/2019	Friday 09/13/2019
<p>Geigle's Class 8:15am - 8:45am</p> <p>Football</p> <p>Learning how to play the game of Football.</p> <p>Standards</p> <p>S4.E5.5 Critiques the etiquette involved in rules of various game activities.</p> <p>S4.E4.5 Accepts, recognizes and actively involves others with both higher and lower skill abilities into physical activities and group projects.</p> <p>S4.E3.5 Gives corrective feedback respectfully to peers.</p> <p>S4.E2.5b Exhibits respect for self with appropriate behavior while engaging in physical activity.</p> <p>S4.E2.5a Participates with responsible behavior in a variety of physical activity contexts, environments and facilities.</p> <p>S4.E1.5 Engages in physical activity with responsible interpersonal behavior (ex. peer to peer, student to teacher, student to referee).</p> <p>S3.E4.5 Identifies the need for warm-up and cool down relative to various physical activities.</p> <p>S3.E2.5 Actively engages in all the activities of physical education.</p>	<p>Wolff's and Lambert's Class 8:15am - 8:45am</p> <p>Perceptual learning</p> <p>Perceptual learning Simon says Directional learning, right, left, up down Use a bean bag and have them put it places (On your head, under your arm etc.)</p> <p>Standards</p> <p>S5.E3.Kb Discusses the enjoyment of playing with friends.</p> <p>S5.E3.Ka Identifies physical activities that are enjoyable.</p> <p>S5.E2.K Acknowledges that some physical activities are challenging/difficult.</p> <p>S4.E6.K Follows teacher directions for safe participation and proper use of equipment with minimal reminders.</p> <p>S4.E5.K Recognizes the established protocol for class activities.</p> <p>S4.E4.K Share equipment and space with others.</p> <p>S4.E3.K Follows instruction/directions when prompted.</p> <p>S4.E2.K Acknowledges responsibility for behavior when prompted.</p> <p>S4.E1.K Follows directions in group settings (ex. safe behaviors, following rules, taking turns).</p>	<p>Lerdal's Class 8:15am - 8:45am</p> <p>Perceptual learning</p> <p>Perceptual learning Simon says Directional learning, right, left, up down Use a bean bag and have them put it places (On your head, under your arm etc.)</p> <p>Standards</p> <p>S5.E3.Kb Discusses the enjoyment of playing with friends.</p> <p>S5.E3.Ka Identifies physical activities that are enjoyable.</p> <p>S5.E2.K Acknowledges that some physical activities are challenging/difficult.</p> <p>S4.E6.K Follows teacher directions for safe participation and proper use of equipment with minimal reminders.</p> <p>S4.E5.K Recognizes the established protocol for class activities.</p> <p>S4.E4.K Share equipment and space with others.</p> <p>S4.E3.K Follows instruction/directions when prompted.</p> <p>S4.E2.K Acknowledges responsibility for behavior when prompted.</p> <p>S4.E1.K Follows directions in group settings (ex. safe behaviors, following rules, taking turns).</p> <p>S3.E2.K Actively</p>	<p>Lambert's Class 8:15am - 8:45am</p> <p>Perceptual learning</p> <p>Perceptual learning Simon says Directional learning, right, left, up down Use a bean bag and have them put it places (On your head, under your arm etc.)</p> <p>Standards</p> <p>S5.E3.Kb Discusses the enjoyment of playing with friends.</p> <p>S5.E3.Ka Identifies physical activities that are enjoyable.</p> <p>S5.E2.K Acknowledges that some physical activities are challenging/difficult.</p> <p>S4.E6.K Follows teacher directions for safe participation and proper use of equipment with minimal reminders.</p> <p>S4.E5.K Recognizes the established protocol for class activities.</p> <p>S4.E4.K Share equipment and space with others.</p> <p>S4.E3.K Follows instruction/directions when prompted.</p> <p>S4.E2.K Acknowledges responsibility for behavior when prompted.</p> <p>S4.E1.K Follows directions in group settings (ex. safe behaviors, following rules, taking turns).</p> <p>S3.E2.K Actively</p>	<p>Lerdal's Class 8:15am - 8:45am</p> <p>Perceptual learning</p> <p>Perceptual learning Simon says Directional learning, right, left, up down Use a bean bag and have them put it places (On your head, under your arm etc.)</p> <p>Standards</p> <p>S5.E3.Kb Discusses the enjoyment of playing with friends.</p> <p>S5.E3.Ka Identifies physical activities that are enjoyable.</p> <p>S5.E2.K Acknowledges that some physical activities are challenging/difficult.</p> <p>S4.E6.K Follows teacher directions for safe participation and proper use of equipment with minimal reminders.</p> <p>S4.E5.K Recognizes the established protocol for class activities.</p> <p>S4.E4.K Share equipment and space with others.</p> <p>S4.E3.K Follows instruction/directions when prompted.</p> <p>S4.E2.K Acknowledges responsibility for behavior when prompted.</p> <p>S4.E1.K Follows directions in group settings (ex. safe behaviors, following rules, taking turns).</p> <p>S3.E2.K Actively</p>



S2.E3.5c Analyzes movement situations and applies movement concepts (ex. force, direction, speed, pathways, extensions) in small-sided practice tasks in game environments, dance and gymnastics.

S2.E3.5a Applies movement concepts to strategy in game situations.

S1.E16.5b Catches with accuracy, both partners moving.

S1.E16.5a Catches a batted ball above the head, at chest or waist level, and along the ground using a mature pattern in a nondynamic environment (closed skills).

S1.E15.5b Throws with reasonable accuracy in dynamic, small-sided practice tasks.

S1.E15.5a Throws with accuracy, both partners moving.

S1.E14.5b Throws overhand to a large target with accuracy.

PE.4 The physically literate individual exhibits responsible personal and social behavior that respects self and others.

PE.2 The physically literate individual applies knowledge of concepts, principles, strategies and tactics related to movement and performance.

PE.1 The physically

S3.E2.K Actively participates in physical education class.

S2.E3.K Travels in general space with different speeds.

S2.E2.K Travels in 3 different pathways.

S1.E1.K Performs locomotor skills (hopping, galloping, running, sliding, skipping) while maintaining balance.

PE.5 The physically literate individual recognizes the value of physical activity for health, enjoyment, challenge, self-expression and/or social interaction.

PE.4 The physically literate individual exhibits responsible personal and social behavior that respects self and others.

PE.1 The physically literate individual demonstrates competency in a variety of motor skills and movement patterns.

Swenson's Class
8:45am - 9:15am

Soccer

We will learn to dribble the soccer ball and then pass it to a partner

Standards

S5.E4.3 Describes the positive social interactions that come when engaged with others in physical activity.

participates in physical education class.

S2.E3.K Travels in general space with different speeds.

S2.E2.K Travels in 3 different pathways.

S1.E1.K Performs locomotor skills (hopping, galloping, running, sliding, skipping) while maintaining balance.

PE.5 The physically literate individual recognizes the value of physical activity for health, enjoyment, challenge, self-expression and/or social interaction.

PE.4 The physically literate individual exhibits responsible personal and social behavior that respects self and others.

PE.1 The physically literate individual demonstrates competency in a variety of motor skills and movement patterns.

S2.E2.1a Travels demonstrating low, middle and high levels.

S2.E2.1b Travels demonstrating a variety of relationships with objects (ex. over, under, around, through).

S1.E27.1b Jumps a long rope up to 5 times consecutively with teacher-assisted turning.

S4.E2.1 Follows the

participates in physical education class.

S2.E3.K Travels in general space with different speeds.

S2.E2.K Travels in 3 different pathways.

S1.E1.K Performs locomotor skills (hopping, galloping, running, sliding, skipping) while maintaining balance.

PE.5 The physically literate individual recognizes the value of physical activity for health, enjoyment, challenge, self-expression and/or social interaction.

PE.4 The physically literate individual exhibits responsible personal and social behavior that respects self and others.

PE.1 The physically literate individual demonstrates competency in a variety of motor skills and movement patterns.

Hoekman's Class
8:45am - 9:15am

Perceptual learning

Perceptual learning
Simon says
Directional learning, right, left, up down
Use a bean bag and have them put it places (On your head, under your arm etc.)

Standards

S5.E3.Kb Discusses the enjoyment of playing with friends.

participates in physical education class.

S2.E3.K Travels in general space with different speeds.

S2.E2.K Travels in 3 different pathways.

S1.E1.K Performs locomotor skills (hopping, galloping, running, sliding, skipping) while maintaining balance.

PE.5 The physically literate individual recognizes the value of physical activity for health, enjoyment, challenge, self-expression and/or social interaction.

PE.4 The physically literate individual exhibits responsible personal and social behavior that respects self and others.

PE.1 The physically literate individual demonstrates competency in a variety of motor skills and movement patterns.

S2.E2.1a Travels demonstrating low, middle and high levels.

S2.E2.1b Travels demonstrating a variety of relationships with objects (ex. over, under, around, through).

S1.E27.1b Jumps a long rope up to 5 times consecutively with teacher-assisted turning.

S4.E2.1 Follows the



literate individual demonstrates competency in a variety of motor skills and movement patterns.

Whipples Class
8:45am - 9:15am

Ultimate football

Learning to run and get open. Catching and throwing the football. Also working as a team.

Standards

- S4.E3.2** Accepts specific corrective feedback from the teacher.
- S4.E2.2** Accepts responsibility for class protocols with behavior and performance actions.
- S4.E1.2** Practices skills with minimal teacher prompting.
- S3.E2.2** Actively engages in physical education class in response to instruction and practice.
- PE.1** The physically literate individual demonstrates competency in a variety of motor skills and movement patterns.
- PE.2** The physically literate individual applies knowledge of concepts, principles, strategies and tactics related to movement and performance.
- S1.E14.2** Throws overhand demonstrating 2 of the 5 critical elements of a mature pattern.

S4.E5.3 Recognizes the role of rules and etiquette in physical activity with peers.

S4.E1.3 Exhibits personal responsibility in teacher-directed activities.

PE.1 The physically literate individual demonstrates competency in a variety of motor skills and movement patterns.

PE.4 The physically literate individual exhibits responsible personal and social behavior that respects self and others.

S1.E18.3 Dribbles with the feet in general space at slow to moderate jogging speed with control of ball and body.

S1.E19.3 Passes and receives a ball with the insides of the feet to a stationary partner, "giving" on reception before returning the pass.

S1.E21.3a Uses a continuous running approach and intentionally performs a kick along the ground and a kick in the air, demonstrating 4 of the 5 critical elements of a mature pattern for each.

Eszlinger's Class
9:15am - 9:45am

Soccer

We will learn to dribble the soccer ball and then pass it

rules and parameters of the learning environment.

Whipples Class
8:45am - 9:15am

Soccer

We will learn to dribble the soccer ball and then pass it to a partner

Standards

- S5.E4.3** Describes the positive social interactions that come when engaged with others in physical activity.
- S4.E5.3** Recognizes the role of rules and etiquette in physical activity with peers.
- S4.E1.3** Exhibits personal responsibility in teacher-directed activities.
- PE.1** The physically literate individual demonstrates competency in a variety of motor skills and movement patterns.
- PE.4** The physically literate individual exhibits responsible personal and social behavior that respects self and others.
- S1.E18.3** Dribbles with the feet in general space at slow to moderate jogging speed with control of ball and body.
- S1.E19.3** Passes and receives a ball with the insides of the feet to a stationary partner, "giving" on reception before

S5.E3.Ka Identifies physical activities that are enjoyable.

S5.E2.K Acknowledges that some physical activities are challenging/difficult.

S4.E6.K Follows teacher directions for safe participation and proper use of equipment with minimal reminders.

S4.E5.K Recognizes the established protocol for class activities.

S4.E4.K Share equipment and space with others.

S4.E3.K Follows instruction/directions when prompted.

S4.E2.K Acknowledges responsibility for behavior when prompted.

S4.E1.K Follows directions in group settings (ex. safe behaviors, following rules, taking turns).

S3.E2.K Actively participates in physical education class.

S2.E3.K Travels in general space with different speeds.

S2.E2.K Travels in 3 different pathways.

S1.E1.K Performs locomotor skills (hopping, galloping, running, sliding, skipping) while maintaining balance.

PE.5 The physically literate individual recognizes the value of physical activity for health, enjoyment,

rules and parameters of the learning environment.

Geigle's Class
8:45am - 9:15am

Soccer

We will learn to dribble the soccer ball and then pass it to a partner

Standards

- S5.E4.3** Describes the positive social interactions that come when engaged with others in physical activity.
- S4.E5.3** Recognizes the role of rules and etiquette in physical activity with peers.
- S4.E1.3** Exhibits personal responsibility in teacher-directed activities.
- PE.1** The physically literate individual demonstrates competency in a variety of motor skills and movement patterns.
- PE.4** The physically literate individual exhibits responsible personal and social behavior that respects self and others.
- S1.E18.3** Dribbles with the feet in general space at slow to moderate jogging speed with control of ball and body.
- S1.E19.3** Passes and receives a ball with the insides of the feet to a stationary partner, "giving" on reception before



S1.E16.2 Catches a self-tossed or well-thrown large ball with hands, not trapping or cradling against the body.

Eszlinger's Class
9:15am - 9:45am

Ultimate football

Learning to run and get open. Catching and throwing the football. Also working as a team.

Standards

S4.E3.2 Accepts specific corrective feedback from the teacher.

S4.E2.2 Accepts responsibility for class protocols with behavior and performance actions.

S4.E1.2 Practices skills with minimal teacher prompting.

S3.E2.2 Actively engages in physical education class in response to instruction and practice.

PE.1 The physically literate individual demonstrates competency in a variety of motor skills and movement patterns.

PE.2 The physically literate individual applies knowledge of concepts, principles, strategies and tactics related to movement and performance.

S1.E14.2 Throws overhand demonstrating 2 of the 5 critical elements of a mature pattern.

to a partner

Standards

S5.E4.3 Describes the positive social interactions that come when engaged with others in physical activity.

S4.E5.3 Recognizes the role of rules and etiquette in physical activity with peers.

S4.E1.3 Exhibits personal responsibility in teacher-directed activities.

PE.1 The physically literate individual demonstrates competency in a variety of motor skills and movement patterns.

PE.4 The physically literate individual exhibits responsible personal and social behavior that respects self and others.

S1.E18.3 Dribbles with the feet in general space at slow to moderate jogging speed with control of ball and body.

S1.E19.3 Passes and receives a ball with the insides of the feet to a stationary partner, "giving" on reception before returning the pass.

S1.E21.3a Uses a continuous running approach and intentionally performs a kick along the ground and a kick in the air, demonstrating 4 of the 5 critical elements of a mature

returning the pass.

S1.E21.3a Uses a continuous running approach and intentionally performs a kick along the ground and a kick in the air, demonstrating 4 of the 5 critical elements of a mature pattern for each.

S1.E18.2 Dribbles with the feet in general space with control of ball and body.

S1.E21.2 Using a continuous running approach and kicks a moving ball, demonstrating 3 of the 5 critical elements of a mature pattern.

S4.E4.2 Works independently with others in partner environments.

S4.E5.2 Recognizes the role of rules and etiquette in teacher-designed physical activities.

Swenson's Class
9:15am - 9:45am

Soccer

We will learn to dribble the soccer ball and then pass it to a partner

Standards

S5.E4.3 Describes the positive social interactions that come when engaged with others in physical activity.

S4.E5.3 Recognizes the role of rules and etiquette in physical activity with peers.

S4.E1.3 Exhibits

challenge, self-expression and/or social interaction.

PE.4 The physically literate individual exhibits responsible personal and social behavior that respects self and others.

PE.1 The physically literate individual demonstrates competency in a variety of motor skills and movement patterns.

S2.E2.1a Travels demonstrating low, middle and high levels.

S2.E2.1b Travels demonstrating a variety of relationships with objects (ex. over, under, around, through).

S1.E27.1b Jumps a long rope up to 5 times consecutively with teacher-assisted turning.

S4.E2.1 Follows the rules and parameters of the learning environment.

Wolf 9:15am - 9:45am

Perceptual learning

Perceptual learning Simon says Directional learning, right, left, up down Use a bean bag and have them put it places (On your head, under your arm etc.)

Standards

S5.E3.Kb Discusses the enjoyment of

returning the pass.

S1.E21.3a Uses a continuous running approach and intentionally performs a kick along the ground and a kick in the air, demonstrating 4 of the 5 critical elements of a mature pattern for each.

S1.E18.2 Dribbles with the feet in general space with control of ball and body.

S1.E21.2 Using a continuous running approach and kicks a moving ball, demonstrating 3 of the 5 critical elements of a mature pattern.

S4.E4.2 Works independently with others in partner environments.

S4.E5.2 Recognizes the role of rules and etiquette in teacher-designed physical activities.

S1.E18.4 Dribbles with the feet in general space with control of ball and body while increasing and decreasing speed.

S1.E19.4a Passes and receives a ball with the insides of the feet to a moving partner in a nondynamic environment (closed skills).

S1.E19.4b Passes and receives a ball with the outsides and insides of the feet to a stationary partner, "giving" on reception



S1.E16.2 Catches a self-tossed or well-thrown large ball with hands, not trapping or cradling against the body.

Daugaard's Class
9:45am - 10:15am

**Football games/
ultimate football**

Playing and learning the game. Also learning to move with and without the football to get open and receive the ball. Teaching teamwork and that it takes everyone to win.

Standards

PE.1 The physically literate individual demonstrates competency in a variety of motor skills and movement patterns.

S3.E2.3 Engages in the activities of physical education class without teacher prompting.

S4.E1.3 Exhibits personal responsibility in teacher-directed activities.

S4.E3.3 Accepts and implements specific corrective feedback from the teacher.

S4.E4.3a Works cooperatively with others.

S4.E4.3b Praises others for their success in movement performance.

S4.E5.3 Recognizes the role of rules and etiquette in physical

pattern for each.

S1.E18.2 Dribbles with the feet in general space with control of ball and body.

S1.E21.2 Using a continuous running approach and kicks a moving ball, demonstrating 3 of the 5 critical elements of a mature pattern.

S4.E4.2 Works independently with others in partner environments.

S4.E5.2 Recognizes the role of rules and etiquette in teacher-designed physical activities.

Oschner/Harms Class
9:45am - 10:15am

Soccer

We will learn to dribble the soccer ball and then pass it to a partner

Standards

S5.E4.3 Describes the positive social interactions that come when engaged with others in physical activity.

S4.E5.3 Recognizes the role of rules and etiquette in physical activity with peers.

S4.E1.3 Exhibits personal responsibility in teacher-directed activities.

PE.1 The physically literate individual demonstrates competency in a variety of motor skills and movement

patterns for each.

personal responsibility in teacher-directed activities.

PE.1 The physically literate individual demonstrates competency in a variety of motor skills and movement patterns.

PE.4 The physically literate individual exhibits responsible personal and social behavior that respects self and others.

S1.E18.3 Dribbles with the feet in general space at slow to moderate jogging speed with control of ball and body.

S1.E19.3 Passes and receives a ball with the insides of the feet to a stationary partner, "giving" on reception before returning the pass.

S1.E21.3a Uses a continuous running approach and intentionally performs a kick along the ground and a kick in the air, demonstrating 4 of the 5 critical elements of a mature pattern for each.

6th PE B 10:30am - 11:15am

Soccer

We will learn to dribble the soccer ball and then pass it to a partner

Standards

S5.E4.3 Describes the positive social interactions that

playing with friends.

S5.E3.Ka Identifies physical activities that are enjoyable.

S5.E2.K Acknowledges that some physical activities are challenging/difficult.

S4.E6.K Follows teacher directions for safe participation and proper use of equipment with minimal reminders.

S4.E5.K Recognizes the established protocol for class activities.

S4.E4.K Share equipment and space with others.

S4.E3.K Follows instruction/directions when prompted.

S4.E2.K Acknowledges responsibility for behavior when prompted.

S4.E1.K Follows directions in group settings (ex. safe behaviors, following rules, taking turns).
S3.E2.K Actively participates in physical education class.

S2.E3.K Travels in general space with different speeds.

S2.E2.K Travels in 3 different pathways.

S1.E1.K Performs locomotor skills (hopping, galloping, running, sliding, skipping) while maintaining balance.

PE.5 The physically literate individual recognizes the value of physical activity for

before returning the pass.

S1.E20.4 Dribbles with hands or feet in combination with other skills (ex. passing, receiving, shooting).

S1.E21.4 Kicks along the ground and in the air, and punts using mature patterns.

S4.E5.4 Exhibits etiquette and adherence to rules in a variety of physical activities.

S4.E4.5 Accepts, recognizes and actively involves others with both higher and lower skill abilities into physical activities and group projects.

S4.E3.5 Gives corrective feedback respectfully to peers.

S4.E1.5 Engages in physical activity with responsible interpersonal behavior (ex. peer to peer, student to teacher, student to referee).

S3.E2.5 Actively engages in all the activities of physical education.

S1.E20.5 Dribbles with hands or feet with mature patterns in a variety of small-sided game forms.

S1.E19.5b Receives a pass with the foot using a mature pattern as both partners travel.

S1.E19.5a Passes with the feet using a



activity with peers.

S4.E6.3 Works independently and safely in physical activity settings.

PE.2 The physically literate individual applies knowledge of concepts, principles, strategies and tactics related to movement and performance.

S1.E2.3 Travels showing differentiation between sprinting and running.

S2.E1.3 Recognizes the concept of open spaces in a movement context.

6th PE B 10:30am - 11:15am

Football/ultimate football

Playing and teaching the game so everyone understands the game. Allowing them to run routes, catching and passing the ball, playing as a team.

Standards

S3.M9.6 Employs correct techniques and methods of stretching.

S3.M12.6 Describes the role of warm-ups and cool-downs before and after physical activity.

S4.M3.6 Demonstrates self-responsibility by implementing specific corrective feedback to improve performance.

S4.M4.6 Accepts

patterns.

PE.4 The physically literate individual exhibits responsible personal and social behavior that respects self and others.

S1.E18.3 Dribbles with the feet in general space at slow to moderate jogging speed with control of ball and body.

S1.E19.3 Passes and receives a ball with the insides of the feet to a stationary partner, "giving" on reception before returning the pass.

S1.E21.3a Uses a continuous running approach and intentionally performs a kick along the ground and a kick in the air, demonstrating 4 of the 5 critical elements of a mature pattern for each.

S1.E18.2 Dribbles with the feet in general space with control of ball and body.

S1.E21.2 Using a continuous running approach and kicks a moving ball, demonstrating 3 of the 5 critical elements of a mature pattern.

S4.E4.2 Works independently with others in partner environments.

S4.E5.2 Recognizes the role of rules and etiquette in teacher-designed physical activities.

S1.E18.4 Dribbles

come when engaged with others in physical activity.

S4.E5.3 Recognizes the role of rules and etiquette in physical activity with peers.

S4.E1.3 Exhibits personal responsibility in teacher-directed activities.

PE.1 The physically literate individual demonstrates competency in a variety of motor skills and movement patterns.

PE.4 The physically literate individual exhibits responsible personal and social behavior that respects self and others.

S1.E18.3 Dribbles with the feet in general space at slow to moderate jogging speed with control of ball and body.

S1.E19.3 Passes and receives a ball with the insides of the feet to a stationary partner, "giving" on reception before returning the pass.

S1.E21.3a Uses a continuous running approach and intentionally performs a kick along the ground and a kick in the air, demonstrating 4 of the 5 critical elements of a mature pattern for each.

S1.E18.2 Dribbles with the feet in general space with control of ball and

health, enjoyment, challenge, self-expression and/or social interaction.

PE.4 The physically literate individual exhibits responsible personal and social behavior that respects self and others.

PE.1 The physically literate individual demonstrates competency in a variety of motor skills and movement patterns.

6th PE A 9:45am - 10:30am

Soccer

We will learn to dribble the soccer ball and then pass it to a partner

Standards

S5.E4.3 Describes the positive social interactions that come when engaged with others in physical activity.

S4.E5.3 Recognizes the role of rules and etiquette in physical activity with peers.

S4.E1.3 Exhibits personal responsibility in teacher-directed activities.

PE.1 The physically literate individual demonstrates competency in a variety of motor skills and movement patterns.

PE.4 The physically literate individual exhibits responsible personal and social

mature pattern as both partners travel.

S1.E18.5 Combines foot dribbling with other skills during 1v1 practice tasks.

Harm's Class 9:15am - 9:45am

Soccer

We will learn to dribble the soccer ball and then pass it to a partner

Standards

S5.E4.3 Describes the positive social interactions that come when engaged with others in physical activity.

S4.E5.3 Recognizes the role of rules and etiquette in physical activity with peers.

S4.E1.3 Exhibits personal responsibility in teacher-directed activities.

PE.1 The physically literate individual demonstrates competency in a variety of motor skills and movement patterns.

PE.4 The physically literate individual exhibits responsible personal and social behavior that respects self and others.

S1.E18.3 Dribbles with the feet in general space at slow to moderate jogging speed with control of ball and body.

S1.E19.3 Passes and receives a ball



differences among classmates in physical development, maturation and varying skill levels by providing encouragement and positive feedback.

S5.M6.6 Demonstrates respect for self and others in activities and games by following the rules, encouraging others and playing in the spirit of the game or activity.

PE.1 The physically literate individual demonstrates competency in a variety of motor skills and movement patterns.

PE.2 The physically literate individual applies knowledge of concepts, principles, strategies and tactics related to movement and performance.

S1.M3.6 Catches with a mature pattern from a variety of trajectories using different objects in varying practice tasks.

S1.M4.6 Passes and receives with hands in combination with locomotor patterns of running and change of direction and speed with competency in invasion games such as basketball, flag football, speedball or team handball.

S1.M5.6 Throws, while stationary, a leading pass to a

with the feet in general space with control of ball and body while increasing and decreasing speed.

S1.E19.4a Passes and receives a ball with the insides of the feet to a moving partner in a nondynamic environment (closed skills).

S1.E19.4b Passes and receives a ball with the outsides and insides of the feet to a stationary partner, "giving" on reception before returning the pass.

S1.E20.4 Dribbles with hands or feet in combination with other skills (ex. passing, receiving, shooting).

S1.E21.4 Kicks along the ground and in the air, and punts using mature patterns.

S4.E5.4 Exhibits etiquette and adherence to rules in a variety of physical activities.

6th PE A 10:30am - 11:15am

Soccer

We will learn to dribble the soccer ball and then pass it to a partner

Standards

S5.E4.3 Describes the positive social interactions that come when engaged with others in physical activity.

body.

S1.E21.2 Using a continuous running approach and kicks a moving ball, demonstrating 3 of the 5 critical elements of a mature pattern.

S4.E4.2 Works independently with others in partner environments.

S4.E5.2 Recognizes the role of rules and etiquette in teacher-designed physical activities.

S1.E18.4 Dribbles with the feet in general space with control of ball and body while increasing and decreasing speed.

S1.E19.4a Passes and receives a ball with the insides of the feet to a moving partner in a nondynamic environment (closed skills).

S1.E19.4b Passes and receives a ball with the outsides and insides of the feet to a stationary partner, "giving" on reception before returning the pass.

S1.E20.4 Dribbles with hands or feet in combination with other skills (ex. passing, receiving, shooting).

S1.E21.4 Kicks along the ground and in the air, and punts using mature patterns.

S4.E5.4 Exhibits etiquette and

behavior that respects self and others.

S1.E18.3 Dribbles with the feet in general space at slow to moderate jogging speed with control of ball and body.

S1.E19.3 Passes and receives a ball with the insides of the feet to a stationary partner, "giving" on reception before returning the pass.

S1.E21.3a Uses a continuous running approach and intentionally performs a kick along the ground and a kick in the air, demonstrating 4 of the 5 critical elements of a mature pattern for each.

S1.E18.2 Dribbles with the feet in general space with control of ball and body.

S1.E21.2 Using a continuous running approach and kicks a moving ball, demonstrating 3 of the 5 critical elements of a mature pattern.

S4.E4.2 Works independently with others in partner environments.

S4.E5.2 Recognizes the role of rules and etiquette in teacher-designed physical activities.

S1.E18.4 Dribbles with the feet in general space with control of ball and body while increasing and decreasing

with the insides of the feet to a stationary partner, "giving" on reception before returning the pass.

S1.E21.3a Uses a continuous running approach and intentionally performs a kick along the ground and a kick in the air, demonstrating 4 of the 5 critical elements of a mature pattern for each.

S1.E18.2 Dribbles with the feet in general space with control of ball and body.

S1.E21.2 Using a continuous running approach and kicks a moving ball, demonstrating 3 of the 5 critical elements of a mature pattern.

S4.E4.2 Works independently with others in partner environments.

S4.E5.2 Recognizes the role of rules and etiquette in teacher-designed physical activities.

S1.E18.4 Dribbles with the feet in general space with control of ball and body while increasing and decreasing speed.

S1.E19.4a Passes and receives a ball with the insides of the feet to a moving partner in a nondynamic environment (closed skills).

S1.E19.4b Passes and receives a ball



moving receiver.

S1.M6.6 Performs pivots, fakes and jab steps designed to create open space during practice tasks.

S1.M7.6 Performs the following offensive skills without defensive pressure: pivot, give and go, and fakes.

9th Health Class A
11:15am - 12:00pm

Accessing Valid Health Information

Finish Lesson 2 Accessing Valid Health Information, Products and services
Do a project on health issues

Homework

Powerpoint on 1 of 6 categories of risk behaviors in teens

Standards

- 2.12.6** Evaluate the impact of technology on personal, family, and community health.
- 3.12.2** Use resources from home, school, and community that provide valid health information.
- 5.12.2** Determine the value of applying a thoughtful decision-making process in health-related situations.
- 1.12.6** Analyze the relationship between access to health care and health status.
- 3.12.1** Evaluate the validity of health

- S4.E5.3** Recognizes the role of rules and etiquette in physical activity with peers.
- S4.E1.3** Exhibits personal responsibility in teacher-directed activities.
- PE.1** The physically literate individual demonstrates competency in a variety of motor skills and movement patterns.
- PE.4** The physically literate individual exhibits responsible personal and social behavior that respects self and others.
- S1.E18.3** Dribbles with the feet in general space at slow to moderate jogging speed with control of ball and body.
- S1.E19.3** Passes and receives a ball with the insides of the feet to a stationary partner, "giving" on reception before returning the pass.
- S1.E21.3a** Uses a continuous running approach and intentionally performs a kick along the ground and a kick in the air, demonstrating 4 of the 5 critical elements of a mature pattern for each.
- S1.E18.2** Dribbles with the feet in general space with control of ball and body.
- S1.E21.2** Using a continuous running

- adherence to rules in a variety of physical activities.
- S4.E4.5** Accepts, recognizes and actively involves others with both higher and lower skill abilities into physical activities and group projects.
- S4.E3.5** Gives corrective feedback respectfully to peers.
- S4.E1.5** Engages in physical activity with responsible interpersonal behavior (ex. peer to peer, student to teacher, student to referee).
- S3.E2.5** Actively engages in all the activities of physical education.
- S1.E20.5** Dribbles with hands or feet with mature patterns in a variety of small-sided game forms.
- S1.E19.5b** Receives a pass with the foot using a mature pattern as both partners travel.
- S1.E19.5a** Passes with the feet using a mature pattern as both partners travel.
- S1.E18.5** Combines foot dribbling with other skills during 1v1 practice tasks.
- S1.M9.6** Foot-dribbles or dribbles with an implement with control, changing speed and direction in a variety of practice tasks.
- S1.M10.6** Shoots on goal with power in a

- speed.
- S1.E19.4a** Passes and receives a ball with the insides of the feet to a moving partner in a nondynamic environment (closed skills).
- S1.E19.4b** Passes and receives a ball with the outsides and insides of the feet to a stationary partner, "giving" on reception before returning the pass.
- S1.E20.4** Dribbles with hands or feet in combination with other skills (ex. passing, receiving, shooting).
- S1.E21.4** Kicks along the ground and in the air, and punts using mature patterns.
- S4.E5.4** Exhibits etiquette and adherence to rules in a variety of physical activities.
- S4.E4.5** Accepts, recognizes and actively involves others with both higher and lower skill abilities into physical activities and group projects.
- S4.E3.5** Gives corrective feedback respectfully to peers.
- S4.E1.5** Engages in physical activity with responsible interpersonal behavior (ex. peer to teacher, student to referee).
- S3.E2.5** Actively

- with the outsides and insides of the feet to a stationary partner, "giving" on reception before returning the pass.
- S1.E20.4** Dribbles with hands or feet in combination with other skills (ex. passing, receiving, shooting).
- S1.E21.4** Kicks along the ground and in the air, and punts using mature patterns.
- S4.E5.4** Exhibits etiquette and adherence to rules in a variety of physical activities.

Oschner 4th 9:45am - 10:15am

Soccer

We will learn to dribble the soccer ball and then pass it to a partner

Standards

- S5.E4.3** Describes the positive social interactions that come when engaged with others in physical activity.
- S4.E5.3** Recognizes the role of rules and etiquette in physical activity with peers.
- S4.E1.3** Exhibits personal responsibility in teacher-directed activities.
- PE.1** The physically literate individual demonstrates competency in a variety of motor skills and movement patterns.



information, products, and services.

3.12.3 Determine the accessibility of products and services that enhance health.

3.12.5 Access valid and reliable health products and services.

6.12.1 Assess personal health practices and overall health status.

6.12.2 Develop a plan to attain a personal health goal that addresses strengths, needs, and risks.

9th Health class B
12:00pm - 12:45pm

Practicing Healthful Behaviors

Journal on Healthful and Risk Behaviors

Homework

Powerpoint on one of 6 categories of risk behaviors in teens

Standards

5.12.6 Defend the healthy choice when making decisions.

5.12.5 Predict the potential short-term and long-term impact of each alternative on self and others.

5.12.3 Justify when individual or collaborative decision making is appropriate.

5.12.2 Determine the value of applying a thoughtful decision-making process in health-related situations.

approach and kicks a moving ball, demonstrating 3 of the 5 critical elements of a mature pattern.

S4.E4.2 Works independently with others in partner environments.

S4.E5.2 Recognizes the role of rules and etiquette in teacher-designed physical activities.

S1.E18.4 Dribbles with the feet in general space with control of ball and body while increasing and decreasing speed.

S1.E19.4a Passes and receives a ball with the insides of the feet to a moving partner in a nondynamic environment (closed skills).

S1.E19.4b Passes and receives a ball with the outsides and insides of the feet to a stationary partner, "giving" on reception before returning the pass.

S1.E20.4 Dribbles with hands or feet in combination with other skills (ex. passing, receiving, shooting).

S1.E21.4 Kicks along the ground and in the air, and punts using mature patterns.

S4.E5.4 Exhibits etiquette and adherence to rules in a variety of physical activities.

dynamic environment as appropriate to the activity.

S4.M1.6 Exhibits personal responsibility by using appropriate etiquette, demonstrating respect for facilities and exhibiting safe behaviors.

S4.M3.6 Demonstrates self-responsibility by implementing specific corrective feedback to improve performance.

S4.M4.6 Accepts differences among classmates in physical development, maturation and varying skill levels by providing encouragement and positive feedback.

6th Health A 11:15am - 12:00pm

Family Relationships Lesson 2

Finish Lesson 2 on family Relationships/ Then start lesson 3

Homework

Need to finish worksheet and then do 1-5.

Standards

8.8.2 Demonstrate how to influence and support others to make positive health choices.

7.8.2 Demonstrate healthy practices and behaviors that will maintain or improve the health of self and others.

engages in all the activities of physical education.

S1.E20.5 Dribbles with hands or feet with mature patterns in a variety of small-sided game forms.

S1.E19.5b Receives a pass with the foot using a mature pattern as both partners travel.

S1.E19.5a Passes with the feet using a mature pattern as both partners travel.

S1.E18.5 Combines foot dribbling with other skills during 1v1 practice tasks.

S1.M9.6 Foot-dribbles or dribbles with an implement with control, changing speed and direction in a variety of practice tasks.

S1.M10.6 Shoots on goal with power in a dynamic environment as appropriate to the activity.

S4.M1.6 Exhibits personal responsibility by using appropriate etiquette, demonstrating respect for facilities and exhibiting safe behaviors.

S4.M3.6 Demonstrates self-responsibility by implementing specific corrective feedback to improve performance.

S4.M4.6 Accepts differences among classmates in physical development,

PE.4 The physically literate individual exhibits responsible personal and social behavior that respects self and others.

S1.E18.3 Dribbles with the feet in general space at slow to moderate jogging speed with control of ball and body.

S1.E19.3 Passes and receives a ball with the insides of the feet to a stationary partner, "giving" on reception before returning the pass.

S1.E21.3a Uses a continuous running approach and intentionally performs a kick along the ground and a kick in the air, demonstrating 4 of the 5 critical elements of a mature pattern for each.

S1.E18.2 Dribbles with the feet in general space with control of ball and body.

S1.E21.2 Using a continuous running approach and kicks a moving ball, demonstrating 3 of the 5 critical elements of a mature pattern.

S4.E4.2 Works independently with others in partner environments.

S4.E5.2 Recognizes the role of rules and etiquette in teacher-designed physical activities.

S1.E18.4 Dribbles with the feet in



4.12.4 Demonstrate how to ask for and offer assistance to enhance the health of self and others.

4.12.3 Demonstrate strategies to prevent, manage, or resolve interpersonal conflicts without harming self or others.

4.12.2 Demonstrate refusal, negotiation, and collaboration skills to enhance health and avoid or reduce health risks.

4.12.1 Use skills for communicating effectively with family, peers, and others to enhance health.

3.12.2 Use resources from home, school, and community that provide valid health information.

2.12.8 Analyze the influence of personal values and beliefs on individual health practices and behaviors.

2.12.6 Evaluate the impact of technology on personal, family, and community health.

2.12.5 Evaluate the effect of media on personal and family health.

2.12.4 Evaluate how the school and community can affect personal health practice and behaviors.

2.12.3 Analyze how peers influence healthy and unhealthy behaviors.

S4.E4.5 Accepts, recognizes and actively involves others with both higher and lower skill abilities into physical activities and group projects.

S4.E3.5 Gives corrective feedback respectfully to peers.

S4.E1.5 Engages in physical activity with responsible interpersonal behavior (ex. peer to peer, student to teacher, student to referee).

S3.E2.5 Actively engages in all the activities of physical education.

S1.E20.5 Dribbles with hands or feet with mature patterns in a variety of small-sided game forms.

S1.E19.5b Receives a pass with the foot using a mature pattern as both partners travel.

S1.E19.5a Passes with the feet using a mature pattern as both partners travel.

S1.E18.5 Combines foot dribbling with other skills during 1v1 practice tasks.

S1.M9.6 Foot-dribbles or dribbles with an implement with control, changing speed and direction in a variety of practice tasks.

S1.M10.6 Shoots on goal with power in a dynamic environment as appropriate to the activity.

6.8.2 Develop a goal to adopt, maintain, or improve a personal health practice.

4.8.1 Apply effective verbal and nonverbal communication skills to enhance health.

2.8.6 Analyze the influence of technology on personal and family health.

2.8.5 Analyze how messages from media influence health behaviors.

2.8.3 Describe how peers influence healthy and unhealthy behaviors.

2.8.1 Examine how the family influences the health of adolescents.

6th Health B 12:30pm - 1:15pm

Family Relationships Lesson 2

Finish Lesson 2 on family Relationships/ Then start lesson 3

Homework

Need to finish worksheet and then do 1-5.

Standards

8.8.2 Demonstrate how to influence and support others to make positive health choices.

7.8.2 Demonstrate healthy practices and behaviors that will maintain or improve the health of self and others.

6.8.2 Develop a goal to adopt, maintain, or

maturity and varying skill levels by providing encouragement and positive feedback.

Daugaard's Class 10:30am - 11:00am

Soccer

We will learn to dribble the soccer ball and then pass it to a partner

Standards

S5.E4.3 Describes the positive social interactions that come when engaged with others in physical activity.

S4.E5.3 Recognizes the role of rules and etiquette in physical activity with peers.

S4.E1.3 Exhibits personal responsibility in teacher-directed activities.

PE.1 The physically literate individual demonstrates competency in a variety of motor skills and movement patterns.

PE.4 The physically literate individual exhibits responsible personal and social behavior that respects self and others.

S1.E18.3 Dribbles with the feet in general space at slow to moderate jogging speed with control of ball and body.

S1.E19.3 Passes and receives a ball with the insides of the feet to a stationary

general space with control of ball and body while increasing and decreasing speed.

S1.E19.4a Passes and receives a ball with the insides of the feet to a moving partner in a nondynamic environment (closed skills).

S1.E19.4b Passes and receives a ball with the outsides and insides of the feet to a stationary partner, "giving" on reception before returning the pass.

S1.E20.4 Dribbles with hands or feet in combination with other skills (ex. passing, receiving, shooting).

S1.E21.4 Kicks along the ground and in the air, and punts using mature patterns.

S4.E5.4 Exhibits etiquette and adherence to rules in a variety of physical activities.

6th PE A 10:15am - 11:00am

Soccer

We will learn to dribble the soccer ball and then pass it to a partner

Standards

S5.E4.3 Describes the positive social interactions that come when engaged with others in physical activity.

S4.E5.3 Recognizes



2.12.2 Analyze how the culture supports and challenges health beliefs, practices, and behaviors.

2.12.1 Analyze how the family influences the health of individuals.

1.12.9 Analyze the potential severity of injury or illness if engaging in unhealthy behaviors.

1.12.8 Analyze personal susceptibility to injury, illness, or death if engaging in unhealthy behaviors.

1.12.7 Compare and contrast the benefits of and barriers to practicing a variety of healthy behaviors.

1.12.4 Analyze how genetics and family history can impact personal health.

1.12.2 Describe the interrelationships of emotional, intellectual, physical, and social health.

6th Health A 12:30pm - 1:15pm

Family Relationships Lesson 2

Finish Lesson 2 on family Relationships/ Then start lesson 3

Homework

Need to finish worksheet and then do 1-5.

Standards

8.8.2 Demonstrate how to influence and support others to

S4.M1.6 Exhibits personal responsibility by using appropriate etiquette, demonstrating respect for facilities and exhibiting safe behaviors.

S4.M3.6 Demonstrates self-responsibility by implementing specific corrective feedback to improve performance.

S4.M4.6 Accepts differences among classmates in physical development, maturation and varying skill levels by providing encouragement and positive feedback.

9th Health Class A 11:15am - 12:00pm

Accessing Valid Health Information

Finish Lesson 2 Accessing Valid Health Information, Products and services Do a project on health issues

Homework

Powerpoint on 1 of 6 categories of risk behaviors in teens

Standards

2.12.6 Evaluate the impact of technology on personal, family, and community health.

3.12.2 Use resources from home, school, and community that provide valid health information.

improve a personal health practice.

4.8.1 Apply effective verbal and nonverbal communication skills to enhance health.

2.8.6 Analyze the influence of technology on personal and family health.

2.8.5 Analyze how messages from media influence health behaviors.

2.8.3 Describe how peers influence healthy and unhealthy behaviors.

2.8.1 Examine how the family influences the health of adolescents.

Hoekman's Class 1:15pm - 1:45pm

Perceptual learning

Perceptual learning Simon says Directional learning, right, left, up down Use a bean bag and have them put it places (On your head, under your arm etc.)

Standards

S5.E3.Kb Discusses the enjoyment of playing with friends.

S5.E3.Ka Identifies physical activities that are enjoyable.

S5.E2.K Acknowledges that some physical activities are challenging/difficult.

S4.E6.K Follows teacher directions for safe participation and proper use of equipment with

partner, "giving" on reception before returning the pass.

S1.E21.3a Uses a continuous running approach and intentionally performs a kick along the ground and a kick in the air, demonstrating 4 of the 5 critical elements of a mature pattern for each.

9th Health Class A 11:15am - 12:00pm

Accessing Valid Health Information

Finish Lesson 2 Accessing Valid Health Information, Products and services Do a project on health issues

Homework

Powerpoint on 1 of 6 categories of risk behaviors in teens

Standards

2.12.6 Evaluate the impact of technology on personal, family, and community health.

3.12.2 Use resources from home, school, and community that provide valid health information.

5.12.2 Determine the value of applying a thoughtful decision-making process in health-related situations.

1.12.6 Analyze the relationship between access to health care and health status.

3.12.1 Evaluate the validity of health

the role of rules and etiquette in physical activity with peers.

S4.E1.3 Exhibits personal responsibility in teacher-directed activities.

PE.1 The physically literate individual demonstrates competency in a variety of motor skills and movement patterns.

PE.4 The physically literate individual exhibits responsible personal and social behavior that respects self and others.

S1.E18.3 Dribbles with the feet in general space at slow to moderate jogging speed with control of ball and body.

S1.E19.3 Passes and receives a ball with the insides of the feet to a stationary partner, "giving" on reception before returning the pass.

S1.E21.3a Uses a continuous running approach and intentionally performs a kick along the ground and a kick in the air, demonstrating 4 of the 5 critical elements of a mature pattern for each.

S1.E18.2 Dribbles with the feet in general space with control of ball and body.

S1.E21.2 Using a continuous running approach and kicks a



make positive health choices.

7.8.2 Demonstrate healthy practices and behaviors that will maintain or improve the health of self and others.

6.8.2 Develop a goal to adopt, maintain, or improve a personal health practice.

4.8.1 Apply effective verbal and nonverbal communication skills to enhance health.

2.8.6 Analyze the influence of technology on personal and family health.

2.8.5 Analyze how messages from media influence health behaviors.

2.8.3 Describe how peers influence healthy and unhealthy behaviors.

2.8.1 Examine how the family influences the health of adolescents.

Rec Sports 2:35pm - 3:18pm

Frisbee Golf

Frisbee Golf

Standards

S5.M5.8 Identifies and participates in an enjoyable activity that prompts individual self-expression.

S5.M4.8 Discusses how enjoyment could be increased in self-selected physical activities.

S5.M3.8 Develops a plan of action and makes appropriate

5.12.2 Determine the value of applying a thoughtful decision-making process in health-related situations.

1.12.6 Analyze the relationship between access to health care and health status.

3.12.1 Evaluate the validity of health information, products, and services.

3.12.3 Determine the accessibility of products and services that enhance health.

3.12.5 Access valid and reliable health products and services.

6.12.1 Assess personal health practices and overall health status.

6.12.2 Develop a plan to attain a personal health goal that addresses strengths, needs, and risks.

9th Health class B 12:00pm - 12:45pm

Accessing Valid Health Information

Finish Lesson 2 Accessing Valid Health Information, Products and services
Do a project on health issues

Homework

Powerpoint on 1 of 6 categories of risk behaviors in teens

Standards

2.12.6 Evaluate the impact of technology

minimal reminders.

S4.E5.K Recognizes the established protocol for class activities.

S4.E4.K Share equipment and space with others.

S4.E3.K Follows instruction/directions when prompted.

S4.E2.K Acknowledges responsibility for behavior when prompted.

S4.E1.K Follows directions in group settings (ex. safe behaviors, following rules, taking turns).

S3.E2.K Actively participates in physical education class.

S2.E3.K Travels in general space with different speeds.

S2.E2.K Travels in 3 different pathways.

S1.E1.K Performs locomotor skills (hopping, galloping, running, sliding, skipping) while maintaining balance.

PE.5 The physically literate individual recognizes the value of physical activity for health, enjoyment, challenge, self-expression and/or social interaction.

PE.4 The physically literate individual exhibits responsible personal and social behavior that respects self and others.

PE.1 The physically literate individual

information, products, and services.

3.12.3 Determine the accessibility of products and services that enhance health.

3.12.5 Access valid and reliable health products and services.

6.12.1 Assess personal health practices and overall health status.

6.12.2 Develop a plan to attain a personal health goal that addresses strengths, needs, and risks.

6th Health B 12:30pm - 1:15pm

Family Relationships Lesson 2

Finish Lesson 2 on family Relationships/ Then start lesson 3

Homework

Need to finish worksheet and then do 1-5.

Standards

8.8.2 Demonstrate how to influence and support others to make positive health choices.

7.8.2 Demonstrate healthy practices and behaviors that will maintain or improve the health of self and others.

6.8.2 Develop a goal to adopt, maintain, or improve a personal health practice.

4.8.1 Apply effective verbal and nonverbal

moving ball, demonstrating 3 of the 5 critical elements of a mature pattern.

S4.E4.2 Works independently with others in partner environments.

S4.E5.2 Recognizes the role of rules and etiquette in teacher-designed physical activities.

S1.E18.4 Dribbles with the feet in general space with control of ball and body while increasing and decreasing speed.

S1.E19.4a Passes and receives a ball with the insides of the feet to a moving partner in a nondynamic environment (closed skills).

S1.E19.4b Passes and receives a ball with the outsides and insides of the feet to a stationary partner, "giving" on reception before returning the pass.

S1.E20.4 Dribbles with hands or feet in combination with other skills (ex. passing, receiving, shooting).

S1.E21.4 Kicks along the ground and in the air, and punts using mature patterns.

S4.E5.4 Exhibits etiquette and adherence to rules in a variety of physical activities.

S4.E4.5 Accepts,



decisions based on that plan when faced with an individual challenge.

S4.M7.8 Independently uses physical activity and fitness equipment appropriately, and identifies specific safety concerns associated with the activity.

S4.M6.8 Applies rules and etiquette by acting as an official for modified physical activities and games and creating dance routines within a given set of parameters.

S4.M5.8 Cooperates with multiple classmates on problem-solving initiatives including adventure activities, large-group initiatives and game play.

S4.M4.8 Responds appropriately to participants' ethical and unethical behavior during physical activity by using rules and guidelines for resolving conflicts.

S4.M3.8 Provides encouragement and feedback to peers without prompting from the teacher.

S4.M2.8 Uses effective self-monitoring skills to incorporate opportunities for physical activity in and outside of school.

S4.M1.8 Accepts responsibility for

on personal, family, and community health.

3.12.2 Use resources from home, school, and community that provide valid health information.

5.12.2 Determine the value of applying a thoughtful decision-making process in health-related situations.

1.12.6 Analyze the relationship between access to health care and health status.

3.12.1 Evaluate the validity of health information, products, and services.

3.12.3 Determine the accessibility of products and services that enhance health.

3.12.5 Access valid and reliable health products and services.

6.12.1 Assess personal health practices and overall health status.

6.12.2 Develop a plan to attain a personal health goal that addresses strengths, needs, and risks.

Rec Sports 2:35pm - 3:18pm

Frisbee Golf

Frisbee Golf

Standards

S5.M5.8 Identifies and participates in an enjoyable activity that prompts individual

demonstrates competency in a variety of motor skills and movement patterns.

S2.E2.1a Travels demonstrating low, middle and high levels.

S2.E2.1b Travels demonstrating a variety of relationships with objects (ex. over, under, around, through).

S1.E27.1b Jumps a long rope up to 5 times consecutively with teacher-assisted turning.

S4.E2.1 Follows the rules and parameters of the learning environment.

Rec Sports 2:35pm - 3:18pm

Frisbee Golf

Frisbee Golf

Standards

S5.M6.8 Demonstrates respect for self by asking for help and helping others in various physical activities.

S5.M5.8 Identifies and participates in an enjoyable activity that prompts individual self-expression.

S4.M6.8 Applies rules and etiquette by acting as an official for modified physical activities and games and creating dance routines within a given set of parameters.

S4.M5.8 Cooperates

communication skills to enhance health.

2.8.6 Analyze the influence of technology on personal and family health.

2.8.5 Analyze how messages from media influence health behaviors.

2.8.3 Describe how peers influence healthy and unhealthy behaviors.

2.8.1 Examine how the family influences the health of adolescents.

Rec Sports 2:35pm - 3:18pm

Kick Ball

two base kick ball

Standards

PE.1 The physically literate individual demonstrates competency in a variety of motor skills and movement patterns.

PE.3 The physically literate individual demonstrates the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness.

PE.4 The physically literate individual exhibits responsible personal and social behavior that respects self and others.

PE.5 The physically literate individual recognizes the value of physical activity for

recognizes and actively involves others with both higher and lower skill abilities into physical activities and group projects.

S4.E3.5 Gives corrective feedback respectfully to peers.

S4.E1.5 Engages in physical activity with responsible interpersonal behavior (ex. peer to peer, student to teacher, student to referee).

S3.E2.5 Actively engages in all the activities of physical education.

S1.E20.5 Dribbles with hands or feet with mature patterns in a variety of small-sided game forms.

S1.E19.5b Receives a pass with the foot using a mature pattern as both partners travel.

S1.E19.5a Passes with the feet using a mature pattern as both partners travel.

S1.E18.5 Combines foot dribbling with other skills during 1v1 practice tasks.

S1.M9.6 Foot-dribbles or dribbles with an implement with control, changing speed and direction in a variety of practice tasks.

S1.M10.6 Shoots on goal with power in a dynamic environment as appropriate to the activity.

S4.M1.6 Exhibits



improving one's own levels of physical activity and fitness.

PE.3 The physically literate individual demonstrates the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness.

6th PE A

Volleyball

Volleyball serving

Standards

S5.M6.6 Demonstrates respect for self and others in activities and games by following the rules, encouraging others and playing in the spirit of the game or activity.

S5.M3.6 Recognizes individual challenges and copes in a positive way, such as extending effort, asking for help or feedback and/or modifying the tasks.

S5.M1.6 Describes how being physically active leads to a healthy body.

S4.M7.6 Uses physical activity and fitness equipment appropriately and safely, with the teacher's guidance.

S4.M6.6 Identifies the rules and etiquette for physical activities/games and dance activities.

S4.M5.6 Cooperates with a small group of classmates during adventure activities,

self-expression.

S5.M4.8 Discusses how enjoyment could be increased in self-selected physical activities.

S5.M3.8 Develops a plan of action and makes appropriate decisions based on that plan when faced with an individual challenge.

S4.M7.8 Independently uses physical activity and fitness equipment appropriately, and identifies specific safety concerns associated with the activity.

S4.M6.8 Applies rules and etiquette by acting as an official for modified physical activities and games and creating dance routines within a given set of parameters.

S4.M5.8 Cooperates with multiple classmates on problem-solving initiatives including adventure activities, large-group initiatives and game play.

S4.M4.8 Responds appropriately to participants' ethical and unethical behavior during physical activity by using rules and guidelines for resolving conflicts.

S4.M3.8 Provides encouragement and feedback to peers without prompting from the teacher.

with multiple classmates on problem-solving initiatives including adventure activities, large-group initiatives and game play.

S4.M4.8 Responds appropriately to participants' ethical and unethical behavior during physical activity by using rules and guidelines for resolving conflicts.

S4.M3.8 Provides encouragement and feedback to peers without prompting from the teacher.

S4.M2.8 Uses effective self-monitoring skills to incorporate opportunities for physical activity in and outside of school.

S4.M1.8 Accepts responsibility for improving one's own levels of physical activity and fitness.

PE.2 The physically literate individual applies knowledge of concepts, principles, strategies and tactics related to movement and performance.

health, enjoyment, challenge, self-expression and/or social interaction.

S2.M1.8 Opens and closes space during small-sided game play by combining locomotor movements with movement concepts.

S4.M1.8 Accepts responsibility for improving one's own levels of physical activity and fitness.

S4.M3.8 Provides encouragement and feedback to peers without prompting from the teacher.

S4.M4.8 Responds appropriately to participants' ethical and unethical behavior during physical activity by using rules and guidelines for resolving conflicts.

S4.M5.8 Cooperates with multiple classmates on problem-solving initiatives including adventure activities, large-group initiatives and game play.

S4.M6.8 Applies rules and etiquette by acting as an official for modified physical activities and games and creating dance routines within a given set of parameters.

S4.M7.8 Independently uses physical activity and fitness equipment appropriately, and identifies specific safety concerns

personal responsibility by using appropriate etiquette, demonstrating respect for facilities and exhibiting safe behaviors.

S4.M3.6 Demonstrates self-responsibility by implementing specific corrective feedback to improve performance.

S4.M4.6 Accepts differences among classmates in physical development, maturation and varying skill levels by providing encouragement and positive feedback.

9th Health Class A
11:19am - 12:00pm

Accessing Valid Health Information

Finish Lesson 2 Accessing Valid Health Information, Products and services
Do a project on health issues

Homework

Powerpoint on 1 of 6 categories of risk behaviors in teens

Standards

2.12.6 Evaluate the impact of technology on personal, family, and community health.

3.12.2 Use resources from home, school, and community that provide valid health information.

5.12.2 Determine



game play or team-building activities.

S4.M4.6 Accepts differences among classmates in physical development, maturation and varying skill levels by providing encouragement and positive feedback.

S4.M3.6 Demonstrates self-responsibility by implementing specific corrective feedback to improve performance.

S4.M2.6 Identifies and uses appropriate strategies to self-reinforce positive fitness behaviors, such as positive self-talk.

S3.M12.6 Describes the role of warm-ups and cool-downs before and after physical activity.

S3.M9.6 Employs correct techniques and methods of stretching.

S3.M1.6 Describes how being physically active leads to a healthy body.

S3.M2.6 Participates in self-selected physical activity outside of physical education class.

S1.M17.6 Two-hand-volleys with control in a variety of practice tasks.

PE.1 The physically literate individual demonstrates competency in a variety of motor skills and movement

S4.M2.8 Uses effective self-monitoring skills to incorporate opportunities for physical activity in and outside of school.

S4.M1.8 Accepts responsibility for improving one's own levels of physical activity and fitness.

PE.3 The physically literate individual demonstrates the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness.

associated with the activity.

the value of applying a thoughtful decision-making process in health-related situations.

1.12.6 Analyze the relationship between access to health care and health status.

3.12.1 Evaluate the validity of health information, products, and services.

3.12.3 Determine the accessibility of products and services that enhance health.

3.12.5 Access valid and reliable health products and services.

6.12.1 Assess personal health practices and overall health status.

6.12.2 Develop a plan to attain a personal health goal that addresses strengths, needs, and risks.

6th Health A 12:30pm - 2:15pm

Family Relationships Lesson 2

Finish Lesson 2 on family Relationships/ Then start lesson 3

Homework

Need to finish worksheet and then do 1-5.

Standards

8.8.2 Demonstrate how to influence and support others to make positive health choices.

7.8.2 Demonstrate



patterns.

healthy practices and behaviors that will maintain or improve the health of self and others.

6.8.2 Develop a goal to adopt, maintain, or improve a personal health practice.

4.8.1 Apply effective verbal and nonverbal communication skills to enhance health.

2.8.6 Analyze the influence of technology on personal and family health.

2.8.5 Analyze how messages from media influence health behaviors.

2.8.3 Describe how peers influence healthy and unhealthy behaviors.

2.8.1 Examine how the family influences the health of adolescents.

Rec Sports 2:35pm - 3:18pm

Dodge Ball

Dodge ball

Standards

PE.1 The physically literate individual demonstrates competency in a variety of motor skills and movement patterns.

PE.4 The physically literate individual exhibits responsible personal and social behavior that respects self and others.

PE.5 The physically literate individual



recognizes the value of physical activity for health, enjoyment, challenge, self-expression and/or social interaction.

S1.M3.8 Catches using an implement in a dynamic environment or modified game play.

S2.M13.8 Implements safe protocols in self-selected outdoor activities.

S5.M6.8 Demonstrates respect for self by asking for help and helping others in various physical activities.

S5.M5.8 Identifies and participates in an enjoyable activity that prompts individual self-expression.

S4.M5.8 Cooperates with multiple classmates on problem-solving initiatives including adventure activities, large-group initiatives and game play.