



Monday 11/18/2019	Tuesday 11/19/2019	Wednesday 11/20/2019	Thursday 11/21/2019	Friday 11/22/2019
<p><b>Geigle's Class</b> 8:15am - 8:45am</p> <p><b>Basketball</b></p> <p>They will learn to dribble the ball in a dribble tag game and up and down the floor. We will play 3 on 3 games and 5 on 5 this week.</p> <p><b>Standards</b></p> <p><b>S5.E4.3</b> Describes the positive social interactions that come when engaged with others in physical activity.</p> <p><b>S5.E2.3</b> Discusses the challenge that comes from learning a new physical activity.</p> <p><b>S4.E6.3</b> Works independently and safely in physical activity settings.</p> <p><b>S4.E5.3</b> Recognizes the role of rules and etiquette in physical activity with peers.</p> <p><b>S4.E4.3b</b> Praises others for their success in movement performance.</p> <p><b>S4.E4.3a</b> Works cooperatively with others.</p> <p><b>S4.E3.3</b> Accepts and implements specific corrective feedback from the teacher.</p> <p><b>S4.E2.3</b> Works independently for extended periods of time.</p> <p><b>S4.E1.3</b> Exhibits personal responsibility in teacher-directed</p>	<p><b>Wolff's and Lambert's Class</b> 8:15am - 8:45am</p> <p><b>Basketball</b></p> <p>Teaching the fundamentals in dribble tag and some passing and movement games.</p> <p><b>Standards</b></p> <p><b>PE.4</b> The physically literate individual exhibits responsible personal and social behavior that respects self and others.</p> <p><b>PE.5</b> The physically literate individual recognizes the value of physical activity for health, enjoyment, challenge, self-expression and/or social interaction.</p> <p><b>S1.E17.2a</b> Dribbles in self-space with preferred hand demonstrating a mature pattern.</p> <p><b>S1.E17.2b</b> Dribbles using the preferred hand while walking in general space.</p> <p><b>S1.E16.2</b> Catches a self-tossed or well-thrown large ball with hands, not trapping or cradling against the body.</p> <p><b>S3.E2.2</b> Actively engages in physical education class in response to instruction and practice.</p> <p><b>S3.E3.2a</b> Uses own body as resistance (ex. holds body in plank position, animal</p>	<p><b>Lerdal's Class 8:15am - 8:45am</b></p> <p><b>Basketball</b></p> <p>Teaching the fundamentals of basketball, Passing, Dribbling, Dribbling tag Passing up and down the court.</p> <p><b>Standards</b></p> <p><b>PE.4</b> The physically literate individual exhibits responsible personal and social behavior that respects self and others.</p> <p><b>PE.5</b> The physically literate individual recognizes the value of physical activity for health, enjoyment, challenge, self-expression and/or social interaction.</p> <p><b>S1.E17.2a</b> Dribbles in self-space with preferred hand demonstrating a mature pattern.</p> <p><b>S1.E17.2b</b> Dribbles using the preferred hand while walking in general space.</p> <p><b>S1.E16.2</b> Catches a self-tossed or well-thrown large ball with hands, not trapping or cradling against the body.</p> <p><b>S3.E2.2</b> Actively engages in physical education class in response to instruction and practice.</p> <p><b>S3.E3.2a</b> Uses own body as resistance (ex. holds body in plank position, animal</p>	<p><b>Lambert's Class</b> 8:15am - 8:45am</p> <p><b>Basketball</b></p> <p>Teaching the fundamentals in dribble tag and some passing and movement games.</p> <p><b>Standards</b></p> <p><b>PE.4</b> The physically literate individual exhibits responsible personal and social behavior that respects self and others.</p> <p><b>PE.5</b> The physically literate individual recognizes the value of physical activity for health, enjoyment, challenge, self-expression and/or social interaction.</p> <p><b>S1.E17.2a</b> Dribbles in self-space with preferred hand demonstrating a mature pattern.</p> <p><b>S1.E17.2b</b> Dribbles using the preferred hand while walking in general space.</p> <p><b>S1.E16.2</b> Catches a self-tossed or well-thrown large ball with hands, not trapping or cradling against the body.</p> <p><b>S3.E2.2</b> Actively engages in physical education class in response to instruction and practice.</p> <p><b>S3.E3.2a</b> Uses own body as resistance (ex. holds body in plank position, animal walks) for developing</p>	<p><b>Lerdal's Class 8:15am - 8:45am</b></p> <p><b>Basketball</b></p> <p>Teaching the fundamentals of basketball, Passing, Dribbling, Dribbling tag Passing up and down the court.</p> <p><b>Standards</b></p> <p><b>PE.4</b> The physically literate individual exhibits responsible personal and social behavior that respects self and others.</p> <p><b>PE.5</b> The physically literate individual recognizes the value of physical activity for health, enjoyment, challenge, self-expression and/or social interaction.</p> <p><b>S1.E17.2a</b> Dribbles in self-space with preferred hand demonstrating a mature pattern.</p> <p><b>S1.E17.2b</b> Dribbles using the preferred hand while walking in general space.</p> <p><b>S1.E16.2</b> Catches a self-tossed or well-thrown large ball with hands, not trapping or cradling against the body.</p> <p><b>S3.E2.2</b> Actively engages in physical education class in response to instruction and practice.</p> <p><b>S3.E3.2a</b> Uses own body as resistance (ex. holds body in plank position, animal</p>



activities.

**S3.E5.3** Demonstrates with teacher direction, the health-related fitness components.

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

**S2.E3.3** Combines movement concepts (direction, levels, force, time) with skills as directed by the teacher.

**S2.E2.3** Recognizes locomotor skills specific to a wide variety of physical activities.

**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.E14.3** Throws overhand demonstrating 3 of the 5 critical elements of a mature pattern, in nondynamic environments (closed skills), for distance and/or force.

**S1.E14.4b** Throws overhand to a partner or at a target with accuracy at a reasonable distance.

**S1.E15.4** Throws to a moving partner with reasonable accuracy in a nondynamic environment (closed skills).

**S1.E16.4** Catches a

walks) for developing strength.

**S3.E3.2b** Identifies physical activities that contribute to fitness.

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

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

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

**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.

**S4.E6.2a** Works independently and safely in physical education.

**S4.E6.2b** Works safely with physical education equipment.

**S5.E2.2** Compares physical activities that bring confidence and challenge.

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

**S5.E3.3** Reflects on the reasons for enjoying selected physical activities.

**S5.E1.3** Discusses the relationship between physical activity and good health.

walks) for developing strength.

**S3.E3.2b** Identifies physical activities that contribute to fitness.

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

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

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

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**S3.E3.2b** Identifies physical activities that contribute to fitness.

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

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

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

**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.

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**S4.E6.2b** Works safely with physical education equipment.

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

**S5.E3.3** Reflects on the reasons for enjoying selected physical activities.

**S5.E1.3** Discusses the relationship between physical activity and good health.

**S4.E6.3** Works

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**S3.E3.2b** Identifies physical activities that contribute to fitness.

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

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

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**S4.E6.2b** Works safely with physical education equipment.

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

**S5.E3.3** Reflects on the reasons for enjoying selected physical activities.

**S5.E1.3** Discusses the relationship between physical activity and good health.



thrown ball above the head, at chest or waist level, and below the waist using a mature pattern in a nondynamic environment (closed skills).

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

**S3.E2.4** Actively engages in the activities of physical education class, both teacher-directed and independent.

**S2.E5.4c** Recognizes the types of kicks needed for different games and sports situations.

**S4.E1.4** Exhibits responsible behavior in independent group situations.

**S4.E2.4** Reflects on personal social behavior in physical activity.

**S4.E3.4** Listens respectfully to corrective feedback from others (ex. peers, adults).

**S4.E4.4a** Praises the movement performance of others in both more and less skilled.

**S4.E4.4b** Accepts players of all skill levels into the physical activity.

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

**S4.E6.4** Works safely with peers and

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

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

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

**S4.E4.3a** Works cooperatively with others.

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

**S4.E2.3** Works independently for extended periods of time.

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

**S3.E6.3** Identifies foods that are beneficial for before and after physical activity.

**S3.E4.3** Recognizes the importance of warm-up and cool-down relative to vigorous physical activity.

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

**S3.E1.3b** Identifies physical activity benefits as a way to become healthier.

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

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

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

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

**S4.E4.3a** Works cooperatively with others.

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

**S4.E2.3** Works independently for extended periods of time.

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

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

**S4.E4.3a** Works cooperatively with others.

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

**S4.E2.3** Works independently for extended periods of time.

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

**S3.E6.3** Identifies foods that are beneficial for before and after physical activity.

**S3.E4.3** Recognizes the importance of warm-up and cool-down relative to vigorous physical activity.

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

**S3.E1.3b** Identifies physical activity benefits as a way to become healthier.

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

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

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

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

**S4.E4.3a** Works cooperatively with others.

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

**S4.E2.3** Works independently for extended periods of time.

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

**S3.E6.3** Identifies foods that are beneficial for before and after physical activity.

**S3.E4.3** Recognizes the importance of warm-up and cool-down relative to vigorous physical activity.

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

**S3.E1.3b** Identifies physical activity benefits as a way to become healthier.

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



equipment in physical activity settings.

**S5.E1.4** Examines the health benefits of participating in physical activity.

**S4.E6.5** Applies safety principles with age-appropriate 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.E2.5b** Exhibits respect for self with appropriate behavior while engaging in physical activity.

**S4.E2.5a** Participates with responsible behavior in a variety of physical activity contexts, environments and facilities.

**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.

**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

movement context.

**S1.E17.3** Dribbles and travels in general space at slow to moderate jogging speed, with control of ball and body.

**S1.E17.1** Dribbles continuously in self-space using the preferred hand.

**S3.E2.1** Actively engages in physical education class.

**S4.E1.1** Accepts personal responsibility by using equipment and space appropriately.

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

**S4.E3.1** Responds appropriately to general feedback from the teacher.

**S4.E5.1** Exhibits the established protocols for class activities.

**S1.E17.K** Dribbles a ball with one hand, attempting the second contact.

**S1.E16.Kb** Catches a large ball tossed by a skilled thrower.

**S3.E3.K** Recognizes that when you move fast, your heart beats faster and you breathe faster.

**S3.E6.K** Recognizes that food provides energy for physical activity.

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

**S4.E3.K** Follows instruction/directions

movement context.

**S1.E17.3** Dribbles and travels in general space at slow to moderate jogging speed, with control of ball and body.

**S1.E17.1** Dribbles continuously in self-space using the preferred hand.

**S3.E2.1** Actively engages in physical education class.

**S4.E1.1** Accepts personal responsibility by using equipment and space appropriately.

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

**S4.E3.1** Responds appropriately to general feedback from the teacher.

**S4.E5.1** Exhibits the established protocols for class activities.

**Whipples Class**  
8:45am - 9:15am

**Basketball**

They will learn to dribble the ball in a dribble tag game and up and down the floor. We will also learn to shoot and allow them to play horse at the end. Work on passing and shooting with an added 2 vs 2 games.

**Standards**

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

**S1.E17.3** Dribbles and travels in general space at slow to moderate jogging speed, with control of ball and body.

**S1.E17.1** Dribbles continuously in self-space using the preferred hand.

**S3.E2.1** Actively engages in physical education class.

**S4.E1.1** Accepts personal responsibility by using equipment and space appropriately.

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

**S4.E3.1** Responds appropriately to general feedback from the teacher.

**S4.E5.1** Exhibits the established protocols for class activities.

**S1.E17.K** Dribbles a ball with one hand, attempting the second contact.

**S1.E16.Kb** Catches a large ball tossed by a skilled thrower.

**S3.E3.K** Recognizes that when you move fast, your heart beats faster and you breathe faster.

**S3.E6.K** Recognizes that food provides energy for physical activity.

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

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

movement context.

**S1.E17.3** Dribbles and travels in general space at slow to moderate jogging speed, with control of ball and body.

**S1.E17.1** Dribbles continuously in self-space using the preferred hand.

**S3.E2.1** Actively engages in physical education class.

**S4.E1.1** Accepts personal responsibility by using equipment and space appropriately.

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

**S4.E3.1** Responds appropriately to general feedback from the teacher.

**S4.E5.1** Exhibits the established protocols for class activities.

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

**Basketball**

They will learn to dribble the ball in a dribble tag game and up and down the floor. We will play 3 on 3 games and 5 on 5 this week.

**Standards**

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

**S5.E2.3** Discusses the challenge that comes from learning a new physical





personal and social behavior that respects self and others.

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

**S3.E5.5a** Analyzes results of fitness assessment (pre and post), comparing results to fitness components for good health.

Whipples Class  
8:45am - 9:15am

**Basketball**

They will learn to dribble the ball in a dribble tag game and up and down the floor. We will also learn to shoot and allow them to play horse at the end. Work on passing and shooting with an added 2 vs 2 games.

**Standards**

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

**S5.E2.3** Discusses the challenge that comes from learning a new physical activity.

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

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

**S4.E4.3b** Praises others for their

when prompted.

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

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

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

**Basketball**

Teaching the fundamentals of basketball, Passing, Dribbling, Dribbling tag Passing up and down the court.

**Standards**

**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.E17.2a** Dribbles in self-space with preferred hand demonstrating a mature pattern.

**S1.E17.2b** Dribbles using the preferred hand while walking in general space.

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

**S3.E2.2** Actively engages in physical education class in response to

**S5.E2.3** Discusses the challenge that comes from learning a new physical activity.

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

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

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

**S4.E4.3a** Works cooperatively with others.

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

**S4.E2.3** Works independently for extended periods of time.

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

**S3.E5.3** Demonstrates, with teacher direction, the health-related fitness components.

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

**S2.E3.3** Combines movement concepts (direction, levels, force, time) with skills as directed by the teacher.

**S2.E2.3** Recognizes locomotor skills

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

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

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

**Basketball**

Teaching the fundamentals of basketball, Passing, Dribbling, Dribbling tag Passing up and down the court.

**Standards**

**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.E17.2a** Dribbles in self-space with preferred hand demonstrating a mature pattern.

**S1.E17.2b** Dribbles using the preferred hand while walking in general space.

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

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

activity.

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

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

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

**S4.E4.3a** Works cooperatively with others.

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

**S4.E2.3** Works independently for extended periods of time.

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

**S3.E5.3** Demonstrates, with teacher direction, the health-related fitness components.

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

**S2.E3.3** Combines movement concepts (direction, levels, force, time) with skills as directed by the teacher.

**S2.E2.3** Recognizes locomotor skills specific to a wide variety of physical activities.

**S1.E21.3a** Uses a



success in movement performance.

**S4.E4.3a** Works cooperatively with others.

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

**S4.E2.3** Works independently for extended periods of time.

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

**S3.E5.3** Demonstrates with teacher direction, the health-related fitness components.

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

**S2.E3.3** Combines movement concepts (direction, levels, force, time) with skills as directed by the teacher.

**S2.E2.3** Recognizes locomotor skills specific to a wide variety of physical activities.

**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.E14.3** Throws overhand demonstrating 3 of

instruction and practice.

**S3.E3.2a** Uses own body as resistance (ex. holds body in plank position, animal walks) for developing strength.

**S3.E3.2b** Identifies physical activities that contribute to fitness.

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

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

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

**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.

**S4.E6.2a** Works independently and safely in physical education.

**S4.E6.2b** Works safely with physical education equipment.

**S5.E2.2** Compares physical activities that bring confidence and challenge.

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

**S5.E3.3** Reflects on the reasons for enjoying selected

specific to a wide variety of physical activities.

**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.E14.3** Throws overhand demonstrating 3 of the 5 critical elements of a mature pattern, in nondynamic environments (closed skills), for distance and/or force.

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

**S3.E2.4** Actively engages in the activities of physical education class, both teacher-directed and independent.

**S4.E3.4** Listens respectfully to corrective feedback from others (ex. peers, adults).

**S4.E4.4b** Accepts players of all skill levels into the physical activity.

**S4.E6.4** Works safely with peers and equipment in physical activity settings.

**S4.E6.5** Applies safety principles with age-appropriate physical activities.

**S4.E4.5** Accepts, recognizes and actively involves

**S3.E3.2a** Uses own body as resistance (ex. holds body in plank position, animal walks) for developing strength.

**S3.E3.2b** Identifies physical activities that contribute to fitness.

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

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

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

**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.

**S4.E6.2a** Works independently and safely in physical education.

**S4.E6.2b** Works safely with physical education equipment.

**S5.E2.2** Compares physical activities that bring confidence and challenge.

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

**S5.E3.3** Reflects on the reasons for enjoying selected physical activities.

**S5.E1.3** Discusses

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.E14.3** Throws overhand demonstrating 3 of the 5 critical elements of a mature pattern, in nondynamic environments (closed skills), for distance and/or force.

**S1.E14.4b** Throws overhand to a partner or at a target with accuracy at a reasonable distance.

**S1.E15.4** Throws to a moving partner with reasonable accuracy in a nondynamic environment (closed skills).

**S1.E16.4** Catches a thrown ball above the head, at chest or waist level, and below the waist using a mature pattern in a nondynamic environment (closed skills).

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

**S3.E2.4** Actively engages in the activities of physical education class, both teacher-directed and independent.

**S2.E5.4c** Recognizes the types of kicks needed for different games and sports situations.



the 5 critical elements of a mature pattern, in nondynamic environments (closed skills), for distance and/or force.

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

**S3.E2.4** Actively engages in the activities of physical education class, both teacher-directed and independent.

**S4.E3.4** Listens respectfully to corrective feedback from others (ex. peers, adults).

**S4.E4.4b** Accepts players of all skill levels into the physical activity.

**S4.E6.4** Works safely with peers and equipment in physical activity settings.

**S4.E6.5** Applies safety principles with age-appropriate 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.E2.5b** Exhibits respect for self with appropriate behavior while engaging in physical activity.

**S4.E2.5a** Participates with responsible behavior in a variety of physical activity contexts, environments and

physical activities.

**S5.E1.3** Discusses the relationship between physical activity and good health.

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

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

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

**S4.E4.3a** Works cooperatively with others.

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

**S4.E2.3** Works independently for extended periods of time.

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

**S3.E6.3** Identifies foods that are beneficial for before and after physical activity.

**S3.E4.3** Recognizes the importance of warm-up and cool-down relative to vigorous physical activity.

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

**S3.E1.3b** Identifies

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

**S4.E2.5b** Exhibits respect for self with appropriate behavior while engaging in physical activity.

**S4.E2.5a** Participates with responsible behavior in a variety of physical activity contexts, environments and facilities.

**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.

**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.

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

**S3.E5.5a** Analyzes results of fitness assessment (pre and post), comparing

the relationship between physical activity and good health.

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

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

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

**S4.E4.3a** Works cooperatively with others.

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

**S4.E2.3** Works independently for extended periods of time.

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

**S3.E6.3** Identifies foods that are beneficial for before and after physical activity.

**S3.E4.3** Recognizes the importance of warm-up and cool-down relative to vigorous physical activity.

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

**S3.E1.3b** Identifies physical activity benefits as a way to

**S4.E1.4** Exhibits responsible behavior in independent group situations.

**S4.E2.4** Reflects on personal social behavior in physical activity.

**S4.E3.4** Listens respectfully to corrective feedback from others (ex. peers, adults).

**S4.E4.4a** Praises the movement performance of others in both more and less skilled.

**S4.E4.4b** Accepts players of all skill levels into the physical activity.

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

**S4.E6.4** Works safely with peers and equipment in physical activity settings.

**S5.E1.4** Examines the health benefits of participating in physical activity.

**S4.E6.5** Applies safety principles with age-appropriate 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.E2.5b** Exhibits respect for self with appropriate behavior while engaging in physical activity.





facilities.

**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.

**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.

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

**S3.E5.5a** Analyzes results of fitness assessment (pre and post), comparing results to fitness components for good health.

**S1.E6.4** Combines traveling with manipulative skills of dribbling, throwing, catching and striking in teacher and/or student designed small-sided practice tasks.

**S1.E17.4a** Dribbles in self-space with both the preferred and the nonpreferred

physical activity benefits as a way to become healthier.

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

**S1.E17.3** Dribbles and travels in general space at slow to moderate jogging speed, with control of ball and body.

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

**Basketball**

They will learn to dribble the ball in a dribble tag game and up and down the floor. We will also learn to shoot and allow them to play horse at the end. Work on passing and shooting with an added 2 vs 2 games.

**Standards**

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

**S5.E2.3** Discusses the challenge that comes from learning a new physical activity.

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

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

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

results to fitness components for good health.

**S1.E6.4** Combines traveling with manipulative skills of dribbling, throwing, catching and striking in teacher and/or student designed small-sided practice tasks.

**S1.E17.4a** Dribbles in self-space with both the preferred and the nonpreferred hands using a mature pattern.

**S1.E17.4b** Dribbles in general space with control of ball and body while increasing and decreasing speed.

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

**S3.E1.4** Analyzes opportunities for participating in physical activity outside physical education class.

**S5.E2.2** Compares physical activities that bring confidence and challenge.

**S4.E6.2b** Works safely with physical education equipment.

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

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

**S3.E2.2** Actively engages in physical education class in

become healthier.

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

**S1.E17.3** Dribbles and travels in general space at slow to moderate jogging speed, with control of ball and body.

**S1.E17.1** Dribbles continuously in self-space using the preferred hand.

**S3.E2.1** Actively engages in physical education class.

**S4.E1.1** Accepts personal responsibility by using equipment and space appropriately.

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

**S4.E3.1** Responds appropriately to general feedback from the teacher.

**S4.E5.1** Exhibits the established protocols for class activities.

**Wolf 9:15am - 9:45am**

**Basketball**

Teaching the fundamentals in dribble tag and some passing and movement games.

**Standards**

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

**PE.5** The physically

**S4.E2.5a** Participates with responsible behavior in a variety of physical activity contexts, environments and facilities.

**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.

**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.

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

**S3.E5.5a** Analyzes results of fitness assessment (pre and post), comparing results to fitness components for good health.

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

**Basketball**

They will learn to dribble the ball in a dribble tag game and





hands using a mature pattern.

**S1.E17.4b** Dribbles in general space with control of ball and body while increasing and decreasing speed.

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

**S3.E1.4** Analyzes opportunities for participating in physical activity outside physical education class.

**S5.E2.2** Compares physical activities that bring confidence and challenge.

**S4.E6.2b** Works safely with physical education equipment.

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

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

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

**S1.E17.2b** Dribbles using the preferred hand while walking in general space.

**S1.E17.2a** Dribbles in self-space with preferred hand demonstrating a mature pattern.

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

**Basketball**

**S4.E4.3a** Works cooperatively with others.

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

**S4.E2.3** Works independently for extended periods of time.

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

**S3.E5.3** Demonstrates, with teacher direction, the health-related fitness components.

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

**S2.E3.3** Combines movement concepts (direction, levels, force, time) with skills as directed by the teacher.

**S2.E2.3** Recognizes locomotor skills specific to a wide variety of physical activities.

**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.E14.3** Throws overhand demonstrating 3 of the 5 critical elements of a mature pattern,

response to instruction and practice.

**S1.E17.2b** Dribbles using the preferred hand while walking in general space.

**S1.E17.2a** Dribbles in self-space with preferred hand demonstrating a mature pattern.

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

**Basketball**

Teaching the fundamentals of basketball, Passing, Dribbling, Dribbling tag Passing up and down the court.

**Standards**

**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.E17.2a** Dribbles in self-space with preferred hand demonstrating a mature pattern.

**S1.E17.2b** Dribbles using the preferred hand while walking in general space.

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

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

**S1.E17.2a** Dribbles in self-space with preferred hand demonstrating a mature pattern.

**S1.E17.2b** Dribbles using the preferred hand while walking in general space.

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

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

**S3.E3.2a** Uses own body as resistance (ex. holds body in plank position, animal walks) for developing strength.

**S3.E3.2b** Identifies physical activities that contribute to fitness.

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

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

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

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

up and down the floor. We will also learn to shoot and allow them to play horse at the end. Passing, and also getting into 2 vs 2 games

**Standards**

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

**S5.E2.3** Discusses the challenge that comes from learning a new physical activity.

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

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

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

**S4.E4.3a** Works cooperatively with others.

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

**S4.E2.3** Works independently for extended periods of time.

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

**S3.E5.3** Demonstrates, with teacher direction, the health-



They will learn to dribble the ball in a dribble tag game and up and down the floor. We will also learn to shoot and allow them to play horse at the end. Work on passing and shooting with an added 2 vs 2 games.

**Standards**

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

**S5.E2.3** Discusses the challenge that comes from learning a new physical activity.

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

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

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

**S4.E4.3a** Works cooperatively with others.

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

**S4.E2.3** Works independently for extended periods of time.

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

in nondynamic environments (closed skills), for distance and/or force.

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

**S3.E2.4** Actively engages in the activities of physical education class, both teacher-directed and independent.

**S4.E3.4** Listens respectfully to corrective feedback from others (ex. peers, adults).

**S4.E4.4b** Accepts players of all skill levels into the physical activity.

**S4.E6.4** Works safely with peers and equipment in physical activity settings.

**S4.E6.5** Applies safety principles with age-appropriate 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.E2.5b** Exhibits respect for self with appropriate behavior while engaging in physical activity.

**S4.E2.5a** Participates with responsible behavior in a variety of physical activity contexts, environments and facilities.

**S4.E1.5** Engages in

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

**S3.E3.2a** Uses own body as resistance (ex. holds body in plank position, animal walks) for developing strength.

**S3.E3.2b** Identifies physical activities that contribute to fitness.

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

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

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

**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.

**S4.E6.2a** Works independently and safely in physical education.

**S4.E6.2b** Works safely with physical education equipment.

**S5.E2.2** Compares physical activities that bring confidence and challenge.

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

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

**S4.E6.2a** Works independently and safely in physical education.

**S4.E6.2b** Works safely with physical education equipment.

**S5.E2.2** Compares physical activities that bring confidence and challenge.

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

**S5.E3.3** Reflects on the reasons for enjoying selected physical activities.

**S5.E1.3** Discusses the relationship between physical activity and good health.

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

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

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

**S4.E4.3a** Works cooperatively with others.

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

**S4.E2.3** Works

related fitness components.

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

**S2.E3.3** Combines movement concepts (direction, levels, force, time) with skills as directed by the teacher.

**S2.E2.3** Recognizes locomotor skills specific to a wide variety of physical activities.

**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.E14.3** Throws overhand demonstrating 3 of the 5 critical elements of a mature pattern, in nondynamic environments (closed skills), for distance and/or force.

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

**S3.E2.4** Actively engages in the activities of physical education class, both teacher-directed and independent.

**S4.E3.4** Listens respectfully to corrective feedback from others (ex. peers, adults).



**S3.E5.3** Demonstrates physical activity with teacher direction, the health-related fitness components.

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

**S2.E3.3** Combines movement concepts (direction, levels, force, time) with skills as directed by the teacher.

**S2.E2.3** Recognizes locomotor skills specific to a wide variety of physical activities.

**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.E14.3** Throws overhand demonstrating 3 of the 5 critical elements of a mature pattern, in nondynamic environments (closed skills), for distance and/or force.

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

**S3.E2.4** Actively engages in the activities of physical education class, both teacher-directed and independent.

**S4.E3.4** Listens respectfully to

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.

**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.

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

**S3.E5.5a** Analyzes results of fitness assessment (pre and post), comparing results to fitness components for good health.

**S1.E6.4** Combines traveling with manipulative skills of dribbling, throwing, catching and striking in teacher and/or student designed small-sided practice tasks.

**S1.E17.4a** Dribbles in self-space with both the preferred and the nonpreferred hands using a mature pattern.

physical activity.

**S5.E3.3** Reflects on the reasons for enjoying selected physical activities.

**S5.E1.3** Discusses the relationship between physical activity and good health.

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

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

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

**S4.E4.3a** Works cooperatively with others.

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

**S4.E2.3** Works independently for extended periods of time.

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

**S3.E6.3** Identifies foods that are beneficial for before and after physical activity.

**S3.E4.3** Recognizes the importance of warm-up and cool-down relative to vigorous physical activity.

**S3.E2.3** Engages in the activities of

independently for extended periods of time.

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

**S3.E6.3** Identifies foods that are beneficial for before and after physical activity.

**S3.E4.3** Recognizes the importance of warm-up and cool-down relative to vigorous physical activity.

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

**S3.E1.3b** Identifies physical activity benefits as a way to become healthier.

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

**S1.E17.3** Dribbles and travels in general space at slow to moderate jogging speed, with control of ball and body.

**S1.E17.1** Dribbles continuously in self-space using the preferred hand.

**S3.E2.1** Actively engages in physical education class.

**S4.E1.1** Accepts personal responsibility by using equipment and space appropriately.

**S4.E2.1** Follows the rules and parameters

**S4.E4.4b** Accepts players of all skill levels into the physical activity.

**S4.E6.4** Works safely with peers and equipment in physical activity settings.

**S4.E6.5** Applies safety principles with age-appropriate 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.E2.5b** Exhibits respect for self with appropriate behavior while engaging in physical activity.

**S4.E2.5a** Participates with responsible behavior in a variety of physical activity contexts, environments and facilities.

**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.

**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





corrective feedback from others (ex. peers, adults).

**S4.E4.4b** Accepts players of all skill levels into the physical activity.

**S4.E6.4** Works safely with peers and equipment in physical activity settings.

**S4.E6.5** Applies safety principles with age-appropriate 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.E2.5b** Exhibits respect for self with appropriate behavior while engaging in physical activity.

**S4.E2.5a** Participates with responsible behavior in a variety of physical activity contexts, environments and facilities.

**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.

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

**S1.E17.4b** Dribbles in general space with control of ball and body while increasing and decreasing speed.

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

**S3.E1.4** Analyzes opportunities for participating in physical activity outside physical education class.

**S5.E2.2** Compares physical activities that bring confidence and challenge.

**S4.E6.2b** Works safely with physical education equipment.

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

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

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

**S1.E17.2b** Dribbles using the preferred hand while walking in general space.

**S1.E17.2a** Dribbles in self-space with preferred hand demonstrating a mature pattern.

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

**Basketball**

They will learn to dribble the ball in a

physical education class without teacher prompting.

**S3.E1.3b** Identifies physical activity benefits as a way to become healthier.

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

**S1.E17.3** Dribbles and travels in general space at slow to moderate jogging speed, with control of ball and body.

**Schneiders class**  
9:45am - 10:15am

**Basketball**

They will learn to dribble the ball in a dribble tag game and up and down the floor. We will play 3 on 3 games and 5 on 5 this week.

**Standards**

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

**S5.E2.3** Discusses the challenge that comes from learning a new physical activity.

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

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

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

of the learning environment.

**S4.E3.1** Responds appropriately to general feedback from the teacher.

**S4.E5.1** Exhibits the established protocols for class activities.

**S1.E17.K** Dribbles a ball with one hand, attempting the second contact.

**S1.E16.Kb** Catches a large ball tossed by a skilled thrower.

**S3.E3.K** Recognizes that when you move fast, your heart beats faster and you breathe faster.

**S3.E6.K** Recognizes that food provides energy for physical activity.

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

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

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

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

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

**Basketball Skills**

Working on Dribbling, passing, and shooting. Work on dribbling and passing first then shooting. Start playing a 2 vs 2 tournament. Be doing lightening, and other games using the basketball.

literate individual exhibits responsible personal and social behavior that respects self and others.

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

**S3.E5.5a** Analyzes results of fitness assessment (pre and post), comparing results to fitness components for good health.

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

**S1.E6.4** Combines traveling with manipulative skills of dribbling, throwing, catching and striking in teacher and/or student designed small-sided practice tasks.

**S1.E17.4a** Dribbles in self-space with both the preferred and the nonpreferred hands using a mature pattern.

**S1.E17.4b** Dribbles in general space with control of ball and body while increasing and decreasing speed.

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





expression and/or social interaction.

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

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

**S3.E5.5a** Analyzes results of fitness assessment (pre and post), comparing results to fitness components for good health.

**S1.E6.4** Combines traveling with manipulative skills of dribbling, throwing, catching and striking in teacher and/or student designed small-sided practice tasks.

**S1.E17.4a** Dribbles in self-space with both the preferred and the nonpreferred hands using a mature pattern.

**S1.E17.4b** Dribbles in general space with control of ball and body while increasing and decreasing speed.

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

**S3.E1.4** Analyzes opportunities for participating in physical activity outside physical

dribble tag game and up and down the floor. We will also learn to shoot and allow them to play horse at the end. Passing, and also getting into 2 vs 2 games

**Standards**

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

**S5.E2.3** Discusses the challenge that comes from learning a new physical activity.

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

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

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

**S4.E4.3a** Works cooperatively with others.

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

**S4.E2.3** Works independently for extended periods of time.

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

**S3.E5.3** Demonstrates with teacher

**S4.E4.3a** Works cooperatively with others.

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

**S4.E2.3** Works independently for extended periods of time.

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

**S3.E5.3** Demonstrates with teacher direction, the health-related fitness components.

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

**S2.E3.3** Combines movement concepts (direction, levels, force, time) with skills as directed by the teacher.

**S2.E2.3** Recognizes locomotor skills specific to a wide variety of physical activities.

**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.E14.3** Throws overhand demonstrating 3 of the 5 critical elements of a mature pattern,

**Standards**

**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.M8.6** Dribbles with dominant hand using a change of speed and direction in a variety of practice tasks.

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

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

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

**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

**S3.E1.4** Analyzes opportunities for participating in physical activity outside physical education class.

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

**Basketball**

They will learn to dribble the ball in a dribble tag game and up and down the floor. We will also learn to shoot and allow them to play horse at the end. Passing, and also getting into 2 vs 2 games

**Standards**

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

**S5.E2.3** Discusses the challenge that comes from learning a new physical activity.

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

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

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

**S4.E4.3a** Works cooperatively with others.

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



education class.

**S5.E2.2** Compares physical activities that bring confidence and challenge.

**S4.E6.2b** Works safely with physical education equipment.

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

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

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

**S1.E17.2b** Dribbles using the preferred hand while walking in general space.

**S1.E17.2a** Dribbles in self-space with preferred hand demonstrating a mature pattern.

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

**Basketball**

Teaching the fundamentals of basketball, Passing, Dribbling, Dribbling tag Passing up and down the court.

**Standards**

**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

direction, the health-related fitness components.

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

**S2.E3.3** Combines movement concepts (direction, levels, force, time) with skills as directed by the teacher.

**S2.E2.3** Recognizes locomotor skills specific to a wide variety of physical activities.

**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.E14.3** Throws overhand demonstrating 3 of the 5 critical elements of a mature pattern, in nondynamic environments (closed skills), for distance and/or force.

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

**S3.E2.4** Actively engages in the activities of physical education class, both teacher-directed and independent.

**S4.E3.4** Listens respectfully to corrective feedback from others (ex.

in nondynamic environments (closed skills), for distance and/or force.

**S1.E14.4b** Throws overhand to a partner or at a target with accuracy at a reasonable distance.

**S1.E15.4** Throws to a moving partner with reasonable accuracy in a nondynamic environment (closed skills).

**S1.E16.4** Catches a thrown ball above the head, at chest or waist level, and below the waist using a mature pattern in a nondynamic environment (closed skills).

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

**S3.E2.4** Actively engages in the activities of physical education class, both teacher-directed and independent.

**S2.E5.4c** Recognizes the types of kicks needed for different games and sports situations.

**S4.E1.4** Exhibits responsible behavior in independent group situations.

**S4.E2.4** Reflects on personal social behavior in physical activity.

**S4.E3.4** Listens respectfully to corrective feedback from others (ex. peers, adults).

physical development, maturation and varying skill levels by providing encouragement and positive feedback.

**S4.M5.6** Cooperates with a small group of classmates during adventure activities, game play or team-building activities.

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

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

**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.

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

**Basketball**

Teaching the fundamentals of basketball, Passing, Dribbling, Dribbling tag Passing up and down the court.

**Standards**

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

**PE.5** The physically literate individual

**S4.E2.3** Works independently for extended periods of time.

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

**S3.E5.3** Demonstrates, with teacher direction, the health-related fitness components.

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

**S2.E3.3** Combines movement concepts (direction, levels, force, time) with skills as directed by the teacher.

**S2.E2.3** Recognizes locomotor skills specific to a wide variety of physical activities.

**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.E14.3** Throws overhand demonstrating 3 of the 5 critical elements of a mature pattern, in nondynamic environments (closed skills), for distance and/or force.

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



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

**S1.E17.2a** Dribbles in self-space with preferred hand demonstrating a mature pattern.

**S1.E17.2b** Dribbles using the preferred hand while walking in general space.

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

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

**S3.E3.2a** Uses own body as resistance (ex. holds body in plank position, animal walks) for developing strength.

**S3.E3.2b** Identifies physical activities that contribute to fitness.

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

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

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

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

**S4.E5.2** Recognizes the role of rules and

peers, adults).

**S4.E4.4b** Accepts players of all skill levels into the physical activity.

**S4.E6.4** Works safely with peers and equipment in physical activity settings.

**S4.E6.5** Applies safety principles with age-appropriate 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.E2.5b** Exhibits respect for self with appropriate behavior while engaging in physical activity.

**S4.E2.5a** Participates with responsible behavior in a variety of physical activity contexts, environments and facilities.

**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.

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

**S4.E4.4a** Praises the movement performance of others in both more and less skilled.

**S4.E4.4b** Accepts players of all skill levels into the physical activity.

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

**S4.E6.4** Works safely with peers and equipment in physical activity settings.

**S5.E1.4** Examines the health benefits of participating in physical activity.

**S4.E6.5** Applies safety principles with age-appropriate 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.E2.5b** Exhibits respect for self with appropriate behavior while engaging in physical activity.

**S4.E2.5a** Participates with responsible behavior in a variety of physical activity contexts, environments and facilities.

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

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

**S1.E17.2a** Dribbles in self-space with preferred hand demonstrating a mature pattern.

**S1.E17.2b** Dribbles using the preferred hand while walking in general space.

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

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

**S3.E3.2a** Uses own body as resistance (ex. holds body in plank position, animal walks) for developing strength.

**S3.E3.2b** Identifies physical activities that contribute to fitness.

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

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

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

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

patterns.

**S3.E2.4** Actively engages in the activities of physical education class, both teacher-directed and independent.

**S4.E3.4** Listens respectfully to corrective feedback from others (ex. peers, adults).

**S4.E4.4b** Accepts players of all skill levels into the physical activity.

**S4.E6.4** Works safely with peers and equipment in physical activity settings.

**S4.E6.5** Applies safety principles with age-appropriate 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.E2.5b** Exhibits respect for self with appropriate behavior while engaging in physical activity.

**S4.E2.5a** Participates with responsible behavior in a variety of physical activity contexts, environments and facilities.

**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





etiquette in teacher-designed physical activities.

**S4.E6.2a** Works independently and safely in physical education.

**S4.E6.2b** Works safely with physical education equipment.

**S5.E2.2** Compares physical activities that bring confidence and challenge.

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

**S5.E3.3** Reflects on the reasons for enjoying selected physical activities.

**S5.E1.3** Discusses the relationship between physical activity and good health.

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

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

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

**S4.E4.3a** Works cooperatively with others.

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

**S4.E2.3** Works independently for extended periods of

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

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

**S3.E5.5a** Analyzes results of fitness assessment (pre and post), comparing results to fitness components for good health.

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

**S1.E6.4** Combines traveling with manipulative skills of dribbling, throwing, catching and striking in teacher and/or student designed small-sided practice tasks.

**S1.E17.4a** Dribbles in self-space with both the preferred and the nonpreferred hands using a mature pattern.

**S1.E17.4b** Dribbles in general space with control of ball and body while increasing and decreasing speed.

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

referee).

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

**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.

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

**S3.E5.5a** Analyzes results of fitness assessment (pre and post), comparing results to fitness components for good health.

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

**Basketball Skills**

Working on Dribbling, passing, and shooting. Work on dribbling and passing first then shooting. Start playing a 2 vs 2 tournament. Be doing lightening, and other games using the basketball.

**Standards**

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

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

**S4.E6.2a** Works independently and safely in physical education.

**S4.E6.2b** Works safely with physical education equipment.

**S5.E2.2** Compares physical activities that bring confidence and challenge.

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

**S5.E3.3** Reflects on the reasons for enjoying selected physical activities.

**S5.E1.3** Discusses the relationship between physical activity and good health.

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

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

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

**S4.E4.3a** Works cooperatively with others.

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

**S4.E2.3** Works

engages in all the activities of physical education.

**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.

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

**S3.E5.5a** Analyzes results of fitness assessment (pre and post), comparing results to fitness components for good health.

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

**S1.E6.4** Combines traveling with manipulative skills of dribbling, throwing, catching and striking in teacher and/or student designed small-sided practice tasks.

**S1.E17.4a** Dribbles in self-space with both the preferred and the nonpreferred hands using a mature pattern.





time.

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

**S3.E6.3** Identifies foods that are beneficial for before and after physical activity.

**S3.E4.3** Recognizes the importance of warm-up and cool-down relative to vigorous physical activity.

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

**S3.E1.3b** Identifies physical activity benefits as a way to become healthier.

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

**S1.E17.3** Dribbles and travels in general space at slow to moderate jogging speed, with control of ball and body.

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

**Basketball Skills**

Working on Dribbling, passing, and shooting. Work on dribbling and passing first then shooting. Start playing a 2 vs 2 tournament. Be doing lightening, and other games using the basketball.

**Standards**

**PE.4** The physically

shooting).

**S3.E1.4** Analyzes opportunities for participating in physical activity outside physical education class.

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

**Basketball Skills**

Working on Dribbling, passing, and shooting. Work on dribbling and passing first then shooting. Start playing a 2 vs 2 tournament. Be doing lightening, and other games using the basketball.

**Standards**

**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.M8.6** Dribbles with dominant hand using a change of speed and direction in a variety of practice tasks.

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

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

**S3.M9.6** Employs

others.

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

**S1.M8.6** Dribbles with dominant hand using a change of speed and direction in a variety of practice tasks.

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

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

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

**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.

independently for extended periods of time.

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

**S3.E6.3** Identifies foods that are beneficial for before and after physical activity.

**S3.E4.3** Recognizes the importance of warm-up and cool-down relative to vigorous physical activity.

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

**S3.E1.3b** Identifies physical activity benefits as a way to become healthier.

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

**S1.E17.3** Dribbles and travels in general space at slow to moderate jogging speed, with control of ball and body.

9th Health class B 11:15am - 12:00pm

**Health Advocacy Skills Lesson 7**

Present their health podcast. They will come up with a topic and let others know the seriousness of this topic. We will read it so they understand what they are going to do.

**Standards**

**S1.E17.4b** Dribbles in general space with control of ball and body while increasing and decreasing speed.

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

**S3.E1.4** Analyzes opportunities for participating in physical activity outside physical education class.

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

**Basketball Skills**

Working on Dribbling, passing, and shooting. Work on dribbling and passing first then shooting. Start playing a 2 vs 2 tournament. Be doing lightening, and other games using the basketball.

**Standards**

**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.M8.6** Dribbles with dominant hand using a change of speed and direction in a variety of



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.M8.6** Dribbles with dominant hand using a change of speed and direction in a variety of practice tasks.

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

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

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

**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,

correct techniques and methods of stretching.

**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.

**S4.M5.6** Cooperates with a small group of classmates during adventure activities, game play or team-building activities.

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

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

**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.

**S4.M5.6** Cooperates with a small group of classmates during adventure activities, game play or team-building activities.

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

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

**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.

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

**Cyberbullying**

Reading Cyberbullying and discuss it.

**Standards**

**1.8.1** Analyze the relationship between healthy behaviors and personal health.

**1.8.3** Analyze how the environment affects personal health.

**1.8.4** Describe how family history can affect personal health.

**1.8.5** Describe ways to reduce or prevent injuries and other adolescent health problems.

**8.12.4** Adapt health messages and communication techniques to a specific target audience

**8.12.3** Work cooperatively as an advocate for improving personal, family, and community health.

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

**7.12.2** Demonstrate a variety of healthy practices and behaviors that will maintain or improve the health of self and others.

**7.12.1** Analyze the role of individual responsibility for enhancing health.

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

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

**Cyberbullying**

Reading Cyberbullying and discuss it.

**Standards**

**1.8.1** Analyze the relationship between healthy behaviors and personal health.

**1.8.3** Analyze how the environment affects personal health.

**1.8.4** Describe how family history can

practice tasks.

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

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

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

**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.

**S4.M5.6** Cooperates with a small group of classmates during adventure activities, game play or team-building activities.

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

**S4.M7.6** Uses physical activity and fitness equipment



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

**S4.M5.6** Cooperates with a small group of classmates during adventure activities, game play or team-building activities.

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

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

**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.

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

**Health Advocacy Skills Lesson 7**

The last workday on their podcast and then we will start to present them the rest of the week. They will come up with a topic and let others know the seriousness of this topic. We will read it so they understand what they are going to do.

**Standards**

**8.12.4** Adapt health messages and communication techniques to a

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

**Health Advocacy Skills Lesson 7**

The last workday on their podcast and then we will start to present them the rest of the week. They will come up with a topic and let others know the seriousness of this topic. We will read it so they understand what they are going to do.

**Standards**

**8.12.4** Adapt health messages and communication techniques to a specific target audience

**8.12.3** Work cooperatively as an advocate for improving personal, family, and community health.

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

**7.12.2** Demonstrate a variety of healthy practices and behaviors that will maintain or improve the health of self and others.

**7.12.1** Analyze the role of individual responsibility for enhancing health.

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

9th Health class B  
11:15am - 12:00pm

**1.8.7** Describe the benefits of and barriers to practicing healthy behaviors.

**2.8.1** Examine how the family influences the health of adolescents.

**2.8.2** Describe the influence of culture on health beliefs, practices, and behaviors.

**5.8.1** Identify circumstances that can help or hinder healthy decision making.

**5.8.2** Determine when health-related situations require the application of a thoughtful decision-making process.

**5.8.6** Choose healthy alternatives over unhealthy alternatives when making a decision.

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

**6.8.3** Apply strategies and skills needed to attain a personal health goal.

**7.8.1** Explain the importance of assuming responsibility for personal health behaviors.

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

**Chapter 3 Bullying and Harassment**

Warm up- Give me an example of a good citizen?  
Finish presenting the what makes a good

affect personal health.

**1.8.5** Describe ways to reduce or prevent injuries and other adolescent health problems.

**1.8.7** Describe the benefits of and barriers to practicing healthy behaviors.

**2.8.1** Examine how the family influences the health of adolescents.

**2.8.2** Describe the influence of culture on health beliefs, practices, and behaviors.

**5.8.1** Identify circumstances that can help or hinder healthy decision making.

**5.8.2** Determine when health-related situations require the application of a thoughtful decision-making process.

**5.8.6** Choose healthy alternatives over unhealthy alternatives when making a decision.

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

**6.8.3** Apply strategies and skills needed to attain a personal health goal.

**7.8.1** Explain the importance of assuming responsibility for personal health behaviors.

Rec Sports 2:35pm - 3:18pm

appropriately and safely, with the teacher's guidance.

**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.

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

**Basketball**

3 vs 3 games, 2 vs 2 games and 5 on 5 games. Go through the rules and game information.

**Standards**

**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.

**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.E17.4a** Dribbles in self-space with





specific target audience

**8.12.3** Work cooperatively as an advocate for improving personal, family, and community health.

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

**7.12.2** Demonstrate a variety of healthy practices and behaviors that will maintain or improve the health of self and others.

**7.12.1** Analyze the role of individual responsibility for enhancing health.

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

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

**Chapter 3 Bullying and Harassment**

Warm up- Give me an example of a good citizen?

Finish presenting the what makes a good citizen and how they can make a difference in others lives.

**Standards**

**1.8.1** Analyze the relationship between healthy behaviors and personal health.

**2.8.3** Describe how peers influence healthy and unhealthy behaviors.

**Health Advocacy Skills Lesson 7**

Present their health podcast. They will come up with a topic and let others know the seriousness of this topic. We will read it so they understand what they are going to do.

**Standards**

**8.12.4** Adapt health messages and communication techniques to a specific target audience

**8.12.3** Work cooperatively as an advocate for improving personal, family, and community health.

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

**7.12.2** Demonstrate a variety of healthy practices and behaviors that will maintain or improve the health of self and others.

**7.12.1** Analyze the role of individual responsibility for enhancing health.

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

Rec Sports 2:35pm - 3:18pm

**Basketball skills**

Shooting, offense, defense.

**Standards**

citizen and how they can make a difference in others lives.

**Standards**

**1.8.1** Analyze the relationship between healthy behaviors and personal health.

**2.8.3** Describe how peers influence healthy and unhealthy behaviors.

**5.8.1** Identify circumstances that can help or hinder healthy decision making.

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

**1.8.2** Describe the interrelationships of emotional, intellectual, physical, and social health in adolescence.

**1.8.8** Examine the likelihood of injury or illness if engaging in unhealthy behaviors.

**1.8.9** Examine the potential seriousness of injury or illness if engaging in unhealthy behaviors.

**2.8.5** Analyze how messages from media influence health behaviors.

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

**Basketball**

Teaching the fundamentals of basketball, Passing, Dribbling, Dribbling tag Passing up and down the court.

**Standards**

**Basketball skills**

Work on shooting and plays against defense

**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.

**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

both the preferred and the nonpreferred hands using a mature pattern.

**S1.E17.4b** Dribbles in general space with control of ball and body while increasing and decreasing speed.

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

**S2.E1.4c** Dribbles in general space with changes in direction and speed.

**S3.E1.4** Analyzes opportunities for participating in physical activity outside physical education class.

**S3.E2.4** Actively engages in the activities of physical education class, both teacher-directed and independent.

**S3.E3.4** Identifies the components of health-related fitness.

**S3.E4.4** Demonstrates warm-up and cool down relative to the cardiorespiratory fitness assessment.

**S3.E5.4a** Completes fitness assessments (pre and post).

**S3.E5.4b** Identifies areas of needed remediation from personal test and, with teacher assistance, identifies strategies for progress in those areas.

**S3.E6.4** Discusses





**5.8.1** Identify circumstances that can help or hinder healthy decision making.

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

**1.8.2** Describe the interrelationships of emotional, intellectual, physical, and social health in adolescence.

**1.8.8** Examine the likelihood of injury or illness if engaging in unhealthy behaviors.

**1.8.9** Examine the potential seriousness of injury or illness if engaging in unhealthy behaviors.

**2.8.5** Analyze how messages from media influence health behaviors.

Schneiders class  
1:15pm - 1:45pm

**Basketball**

They will learn to dribble the ball in a dribble tag game and up and down the floor. We will play 3 on 3 games and 5 on 5 this week.

**Standards**

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

**S5.E2.3** Discusses the challenge that comes from learning a new physical activity.

**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.

**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

**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.E17.2a** Dribbles in self-space with preferred hand demonstrating a mature pattern.

**S1.E17.2b** Dribbles using the preferred hand while walking in general space.

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

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

**S3.E3.2a** Uses own body as resistance (ex. holds body in plank position, animal walks) for developing strength.

**S3.E3.2b** Identifies physical activities that contribute to fitness.

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

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

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.

**S3.M12.8** Designs and implements a warm-up/ cool-down regimen for a self-selected physical activity.

**S3.M10.8** Describes the role of flexibility in injury prevention.

**S3.M9.8** Employs a variety of appropriate static stretching techniques for all major muscle groups.

**S2.M12.8** Describes and applies mechanical advantage(s) for a variety of movement patterns.

**S2.M11.8** Reduces open spaces in the field by working with teammates to maximize coverage.

the importance of hydration and hydration choices relative to physical activities.

**S4.E1.4** Exhibits responsible behavior in independent group situations.

**S4.E2.4** Reflects on personal social behavior in physical activity.

**S4.E3.4** Listens respectfully to corrective feedback from others (ex. peers, adults).

**S4.E4.4a** Praises the movement performance of others in both more and less skilled.

**S4.E4.4b** Accepts players of all skill levels into the physical activity.

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

**S4.E6.4** Works safely with peers and equipment in physical activity settings.

**S5.E4.4** Describes and compares the positive social interactions when engaged in partner, small-group and large-group physical activities.

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

**Health Advocacy Skills Lesson 7**

Present their health podcast. They will come up with a topic and let others know



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

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

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

**S4.E4.3a** Works cooperatively with others.

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

**S4.E2.3** Works independently for extended periods of time.

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

**S3.E5.3** Demonstrates with teacher direction, the health-related fitness components.

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

**S2.E3.3** Combines movement concepts (direction, levels, force, time) with skills as directed by the teacher.

**S2.E2.3** Recognizes locomotor skills specific to a wide variety of physical activities.

**S1.E21.3a** Uses a continuous running

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.

**S3.M12.8** Designs and implements a warm-up/ cool-down regimen for a self-selected physical activity.

**S3.M10.8** Describes the role of flexibility in injury prevention.

**S3.M9.8** Employs a variety of appropriate static stretching techniques for all major muscle groups.

**S2.M12.8** Describes and applies mechanical advantage(s) for a variety of movement patterns.

**S2.M11.8** Reduces open spaces in the field by working with teammates to maximize coverage.

**S2.M10.8** Identifies sacrifice situations and attempt to advance a teammate.

**S2.M9.8** Varies the speed, force and

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

**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.

**S4.E6.2a** Works independently and safely in physical education.

**S4.E6.2b** Works safely with physical education equipment.

**S5.E2.2** Compares physical activities that bring confidence and challenge.

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

**S5.E3.3** Reflects on the reasons for enjoying selected physical activities.

**S5.E1.3** Discusses the relationship between physical activity and good health.

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

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

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

**S4.E4.3a** Works

**S2.M10.8** Identifies sacrifice situations and attempt to advance a teammate.

**S2.M9.8** Varies the speed, force and trajectory of the shot based on location of the object in relation to the target.

**S2.M8.8** Varies placement, force and timing of return to prevent anticipation by opponent.

**S2.M6.8** Transitions from offense to defense or defense to offense by recovering quickly, communicating with teammates and capitalizing on an advantage.

**S2.M5.8** Reduces open space by not allowing the catch (denial) and anticipating the speed of the object or person for the purpose of interception or deflection.

**S2.M4.8** Reduces open space on defense by staying on the goal side of the offensive player and reducing the distance to him/ her (third-party perspective).

**S2.M3.8** Creates open space by staying spread on offense, cutting and passing quickly, and using fakes off the ball.

**S1.M11.8** Drop-steps in the direction of the pass during player-to-player

the seriousness of this topic. We will read it so they understand what they are going to do.

**Standards**

- 8.12.4** Adapt health messages and communication techniques to a specific target audience
- 8.12.3** Work cooperatively as an advocate for improving personal, family, and community health.
- 8.12.2** Demonstrate how to influence and support others to make positive health choices.
- 7.12.2** Demonstrate a variety of healthy practices and behaviors that will maintain or improve the health of self and others.
- 7.12.1** Analyze the role of individual responsibility for enhancing health.
- 4.12.1** Use skills for communicating effectively with family, peers, and others to enhance health.

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

**Cyberbullying**

Reading Cyberbullying and discuss it. Answer the questions 1-6 on page 69

**Standards**

- 1.8.1** Analyze the relationship between healthy behaviors



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.E14.3** Throws overhand demonstrating 3 of the 5 critical elements of a mature pattern, in nondynamic environments (closed skills), for distance and/or force.

**S1.E14.4b** Throws overhand to a partner or at a target with accuracy at a reasonable distance.

**S1.E15.4** Throws to a moving partner with reasonable accuracy in a nondynamic environment (closed skills).

**S1.E16.4** Catches a thrown ball above the head, at chest or waist level, and below the waist using a mature pattern in a nondynamic environment (closed skills).

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

**S3.E2.4** Actively engages in the activities of physical education class, both teacher-directed and independent.

**S2.E5.4c** Recognizes the types of kicks needed for different games and sports situations.

trajectory of the shot based on location of the object in relation to the target.

**S2.M8.8** Varies placement, force and timing of return to prevent anticipation by opponent.

**S2.M6.8** Transitions from offense to defense or defense to offense by recovering quickly, communicating with teammates and capitalizing on an advantage.

**S2.M5.8** Reduces open space by not allowing the catch (denial) and anticipating the speed of the object or person for the purpose of interception or deflection.

**S2.M4.8** Reduces open space on defense by staying on the goal side of the offensive player and reducing the distance to him/ her (third-party perspective).

**S2.M3.8** Creates open space by staying spread on offense, cutting and passing quickly, and using fakes off the ball.

**S1.M11.8** Drop-steps in the direction of the pass during player-to-player defense.

**S1.M8.8** Dribbles with dominant and non-dominant hands using a change of speed and direction

cooperatively with others.

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

**S4.E2.3** Works independently for extended periods of time.

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

**S3.E6.3** Identifies foods that are beneficial for before and after physical activity.

**S3.E4.3** Recognizes the importance of warm-up and cool-down relative to vigorous physical activity.

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

**S3.E1.3b** Identifies physical activity benefits as a way to become healthier.

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

**S1.E17.3** Dribbles and travels in general space at slow to moderate jogging speed, with control of ball and body.

**S1.E17.1** Dribbles continuously in self-space using the preferred hand.

**S3.E2.1** Actively engages in physical

defense.

**S1.M8.8** Dribbles with dominant and non-dominant hands using a change of speed and direction in small-sided game play.

**S1.M7.8** Executes the following offensive skills during small-sided game play: pivot, give and go, and fakes.

**S1.M6.8** Executes at least two of the following to create open space during modified game play: pivots, fakes, jab steps, screens.

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

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

**PE.1** The physically

and personal health.

**1.8.3** Analyze how the environment affects personal health.

**1.8.4** Describe how family history can affect personal health.

**1.8.5** Describe ways to reduce or prevent injuries and other adolescent health problems.

**1.8.7** Describe the benefits of and barriers to practicing healthy behaviors.

**2.8.1** Examine how the family influences the health of adolescents.

**2.8.2** Describe the influence of culture on health beliefs, practices, and behaviors.

**5.8.1** Identify circumstances that can help or hinder healthy decision making.

**5.8.2** Determine when health-related situations require the application of a thoughtful decision-making process.

**5.8.6** Choose healthy alternatives over unhealthy alternatives when making a decision.

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

**6.8.3** Apply strategies and skills needed to attain a personal health goal.

**7.8.1** Explain the





**S4.E1.4** Exhibits responsible behavior in independent group situations.

**S4.E2.4** Reflects on personal social behavior in physical activity.

**S4.E3.4** Listens respectfully to corrective feedback from others (ex. peers, adults).

**S4.E4.4a** Praises the movement performance of others in both more and less skilled.

**S4.E4.4b** Accepts players of all skill levels into the physical activity.

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

**S4.E6.4** Works safely with peers and equipment in physical activity settings.

**S5.E1.4** Examines the health benefits of participating in physical activity.

**S4.E6.5** Applies safety principles with age-appropriate 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.E2.5b** Exhibits respect for self with appropriate behavior while engaging in physical activity.

in small-sided game play.

**S1.M7.8** Executes the following offensive skills during small-sided game play: pivot, give and go, and fakes.

**S1.M6.8** Executes at least two of the following to create open space during modified game play: pivots, fakes, jab steps, screens.

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

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

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

education class.

**S4.E1.1** Accepts personal responsibility by using equipment and space appropriately.

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

**S4.E3.1** Responds appropriately to general feedback from the teacher.

**S4.E5.1** Exhibits the established protocols for class activities.

Rec Sports 2:35pm - 3:18pm

**Basketball skills**

Basketball skills, Start with dribbling, passing, form shooting, layups

**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.

**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

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

importance of assuming responsibility for personal health behaviors.

Rec Sports 2:35pm - 3:18pm

**Basketball skills**

Working on inbounds plays and plays to get ready for the game.

**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.

**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



**S4.E2.5a** Participates with responsible behavior in a variety of physical activity contexts, environments and facilities.

**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.

**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.

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

**S3.E5.5a** Analyzes results of fitness assessment (pre and post), comparing results to fitness components for good health.

Rec Sports 2:35pm - 3:18pm

**Basketball skills**

Basketball skills, Start with dribbling, passing, form

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

**S3.M12.8** Designs and implements a warm-up/ cool-down regimen for a self-

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

**S3.M12.8** Designs and implements a warm-up/ cool-down regimen for a self-selected physical activity.

**S3.M10.8** Describes the role of flexibility in injury prevention.

**S3.M9.8** Employs a variety of appropriate static stretching techniques for all major muscle groups.

**S2.M12.8** Describes and applies mechanical



shooting, layups

**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.

**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

selected physical activity.

**S3.M10.8** Describes the role of flexibility in injury prevention.

**S3.M9.8** Employs a variety of appropriate static stretching techniques for all major muscle groups.

**S2.M12.8** Describes and applies mechanical advantage(s) for a variety of movement patterns.

**S2.M11.8** Reduces open spaces in the field by working with teammates to maximize coverage.

**S2.M10.8** Identifies sacrifice situations and attempt to advance a teammate.

**S2.M9.8** Varies the speed, force and trajectory of the shot based on location of the object in relation to the target.

**S2.M8.8** Varies placement, force and timing of return to prevent anticipation by opponent.

**S2.M6.8** Transitions from offense to defense or defense to offense by recovering quickly, communicating with teammates and capitalizing on an advantage.

**S2.M5.8** Reduces open space by not allowing the catch (denial) and anticipating the speed of the object or person for the purpose of

advantage(s) for a variety of movement patterns.

**S2.M11.8** Reduces open spaces in the field by working with teammates to maximize coverage.

**S2.M10.8** Identifies sacrifice situations and attempt to advance a teammate.

**S2.M9.8** Varies the speed, force and trajectory of the shot based on location of the object in relation to the target.

**S2.M8.8** Varies placement, force and timing of return to prevent anticipation by opponent.

**S2.M6.8** Transitions from offense to defense or defense to offense by recovering quickly, communicating with teammates and capitalizing on an advantage.

**S2.M5.8** Reduces open space by not allowing the catch (denial) and anticipating the speed of the object or person for the purpose of interception or deflection.

**S2.M4.8** Reduces open space on defense by staying on the goal side of the offensive player and reducing the distance to him/ her (third-party perspective).

**S2.M3.8** Creates open space by





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.

**S3.M12.8** Designs and implements a warm-up/ cool-down regimen for a self-selected physical activity.

**S3.M10.8** Describes the role of flexibility in injury prevention.

**S3.M9.8** Employs a variety of appropriate static stretching techniques for all major muscle groups.

**S2.M12.8** Describes and applies mechanical advantage(s) for a variety of movement patterns.

**S2.M11.8** Reduces open spaces in the field by working with teammates to maximize coverage.

**S2.M10.8** Identifies sacrifice situations and attempt to

interception or deflection.

**S2.M4.8** Reduces open space on defense by staying on the goal side of the offensive player and reducing the distance to him/ her (third-party perspective).

**S2.M3.8** Creates open space by staying spread on offense, cutting and passing quickly, and using fakes off the ball.

**S1.M11.8** Drop-steps in the direction of the pass during player-to-player defense.

**S1.M8.8** Dribbles with dominant and non-dominant hands using a change of speed and direction in small-sided game play.

**S1.M7.8** Executes the following offensive skills during small-sided game play: pivot, give and go, and fakes.

**S1.M6.8** Executes at least two of the following to create open space during modified game play: pivots, fakes, jab steps, screens.

**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

staying spread on offense, cutting and passing quickly, and using fakes off the ball.

**S1.M11.8** Drop-steps in the direction of the pass during player-to-player defense.

**S1.M8.8** Dribbles with dominant and non-dominant hands using a change of speed and direction in small-sided game play.

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**S1.M6.8** Executes at least two of the following to create open space during modified game play: pivots, fakes, jab steps, screens.

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



advance a teammate.

**S2.M9.8** Varies the speed, force and trajectory of the shot based on location of the object in relation to the target.

**S2.M8.8** Varies placement, force and timing of return to prevent anticipation by opponent.

**S2.M6.8** Transitions from offense to defense or defense to offense by recovering quickly, communicating with teammates and capitalizing on an advantage.

**S2.M5.8** Reduces open space by not allowing the catch (denial) and anticipating the speed of the object or person for the purpose of interception or deflection.

**S2.M4.8** Reduces open space on defense by staying on the goal side of the offensive player and reducing the distance to him/ her (third-party perspective).

**S2.M3.8** Creates open space by staying spread on offense, cutting and passing quickly, and using fakes off the ball.

**S1.M11.8** Drop-steps in the direction of the pass during player-to-player defense.

**S1.M8.8** Dribbles

exhibits responsible personal and social behavior that respects self and others.

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

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

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6th PE A