| ***TIME:*** *When and for how long will the content be taught* | ***Standard:***  *List the exact standard as adopted or our locally adopted skill* | ***Topic:***  *Brief explanation of what you will be doing to teach this standard* | ***Assessments:*** *How and when students will be assessed* |
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| **August-October** | **Standards:**  **Standard 1**: The physically literate individual demonstrates competency in a variety of motor skills and movement patterns.  **Standard 2:** The physically literate individual applies knowledge of concepts, principles, strategies and tactics relate to movement and performance.  **Standard 3:** The physically literate individual demonstrates the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness.  **Standard 4:** The physically literate individual exhibits responsible personal and social behavior that respects self and others.  **Standard 5:** The physically literate individual recognized the value of physical activity for health, enjoyment, challenge, self-expression and/or social interaction. | **Teaching Methods:**  General   * Daily warm up routine * Beginning cross-training exercises * Beginning spring mechanics * Beginning strength training * Beginning flexibility * Games-volleyball, soccer, football   Lifting  Fundamental Movement Patterns, Proper Lifting Technique, Proper Sprint Mechanics, Flexibility, Charting/Recording Lifts (2-3 weeks) | **Assessments:**   * Pre Test: vertical jump, 40 yard dash, push ups, sit ups, sit & reach, pull ups, pro shuttle, 1 mile run |
| **October-December:** | **Standards:**  **Standard 1**: The physically literate individual demonstrates competency in a variety of motor skills and movement patterns.  **Standard 2:** The physically literate individual applies knowledge of concepts, principles, strategies and tactics relate to movement and performance.  **Standard 3:** The physically literate individual demonstrates the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness.  **Standard 4:** The physically literate individual exhibits responsible personal and social behavior that respects self and others.  **Standard 5:** The physically literate individual recognized the value of physical activity for health, enjoyment, challenge, self-expression and/or social interaction. | **Teaching Methods:**  General   * Intermediate cross-training exercises * Intermediate spring mechanics * Intermediate strength training * Intermediate flexibility * Games-team handball, team tag, basketball, ultimate frisbee   Lifting  Fundamental Movement Patterns, Proper Lifting Technique, Proper Sprint Mechanics, Flexibility, Charting/Recording Lifts (2-3 weeks)  **Teaching Methods:**  Verbal, demonstration, visual (video), kinesthetic | **Assessments:**   * Post Test: vertical jump, 40 yard dash, push ups, sit ups, sit & reach, pull ups, pro shuttle, 1 mile run |
| **January-March:** | **Standards:**  **Standard 1**: The physically literate individual demonstrates competency in a variety of motor skills and movement patterns.  **Standard 2:** The physically literate individual applies knowledge of concepts, principles, strategies and tactics relate to movement and performance.  **Standard 3:** The physically literate individual demonstrates the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness.  **Standard 4:** The physically literate individual exhibits responsible personal and social behavior that respects self and others.  **Standard 5:** The physically literate individual recognized the value of physical activity for health, enjoyment, challenge, self-expression and/or social interaction. | **Teaching Methods:**  General   * Intermediate cross-training exercises (cont’d) * Intermediate sprint mechanics (cont’d) * Intermediate strength training (cont’d) * Intermediate flexibility (cont’d) * Games-team handball, team tag, basketball, ultimate frisbee (cont’d)   Lifting  Fundamental Movement Patterns, Proper Lifting Technique, Proper Sprint Mechanics, Flexibility, Charting/Recording Lifts (2-3 weeks) | **Assessments:** |
| **March-May:** | **Standards:**  **Standard 1**: The physically literate individual demonstrates competency in a variety of motor skills and movement patterns.  **Standard 2:** The physically literate individual applies knowledge of concepts, principles, strategies and tactics relate to movement and performance.  **Standard 3:** The physically literate individual demonstrates the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness.  **Standard 4:** The physically literate individual exhibits responsible personal and social behavior that respects self and others.  **Standard 5:** The physically literate individual recognized the value of physical activity for health, enjoyment, challenge, self-expression and/or social interaction. | **Teaching Methods:**  General   * Intermediate/Advanced cross-training exercises * Intermediate/Advanced spring mechanics * Intermediate/Advanced strength training * Intermediate/Advanced flexibility * Games-badminton, pickleball, archery   Lifting  Fundamental Movement Patterns, Proper Lifting Technique, Proper Sprint Mechanics, Flexibility, Charting/Recording Lifts (2-3 weeks) | **Assessments:**   * Post Test: vertical jump, 40 yard dash, push ups, sit ups, sit & reach, pull ups, pro shuttle, 1 mile run |