| ***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* |
| --- | --- | --- | --- |
| **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

LiftingFundamental 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
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| **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

LiftingFundamental 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
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| **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)

LiftingFundamental 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

LiftingFundamental 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
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