

Western High School
Physical Education 9
Curriculum Map

Time Frame	Learning Objectives	Materials	Assessments
Day - 1	Introduction to class	PE Department Handout	Observation; Daily Grading
Day - 2 & 3	Introduction to fitness; importance of fitness; Fighting Sedentary lifestyles	PE Advocacy powerpoint, articles on the rising obesity rates - Health and Economic factors that are influenced by this decline in healthy living	Observation; Daily Grading
Day 4	Locker room rules / Lock handout / Squad organization / Warm up procedures	Lock and locker assignment sheet	Observation; Daily Grading
Week - 2	Fitness Testing	Fitness testing handout	Daily grading and observation
Week 3	Introduction to Fitness center... Rules, fundamentals and basics of resistance training.. (M~ intro~ Tue. Speed agility and intro~ Wed. Push ups and circuit training~ Thursday Cardio ~ Friday Fitness center workout	Strength training handouts - Lift sheets	Observation; Daily Grading ~ written evaluation
Weeks 4 - 9	Mon. & Fri. Fitness article read together from schoology or intro to available fitness apps... Warm up and flexibility -- Fitness Center doing various WODs and circuits. With resistance training, caelesthetics, Computer app workouts, and cardio activities. Tues. & Thurs. Warm up and flexibitiy~ class cardio activity(track work, jump rope, stair workouts. etc...) individualized exercize programs.. (dancing basketball, volleyball etc...) Wed. Cardio /strength training / Plyometric workout.	Articles / fitness apps / Daily workout sheets /Various Fitness and athletic equipment	Observation; Daily Grading ~ written evaluation

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Week 10	Fitness nine week testing.. Extra credit given for proof of consistant use of a fitness app	Fitness testing handout...Written 9 weeks assesment...	Daily grading and observation / pre-test sheet
Weeks 11-17	<p>Mon. & Fri. Fitness article read together from schoology or intro to available fitness apps... Warm up and flexibility -- Fitness Center doing various WODs and circuits. With resistance training, calesthetics, Computer app workouts, and cardio activities. Tues. & Thurs. Warm up and flexibitiy~ class cardio activity(track work, jump rope, stair workouts. etc...) individualized exercize programs.. (dancing basketball, volleyball etc...) Wed. Cardio /strength training / Plyometric workout.</p>	Articles / fitness apps / Daily workout sheets /Various Fitness and athletic equipment	Daily grading and observation / Unit pre-test - Post test
Week 18	Fitness post testing.. Extra credit given for proof of consistant use of a fitness app	Fitness testing handout...Written 9 weeks assesment...	Daily grading and observation / Unit pre-test - Post test