

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 & 5	Introduction to Fitness concepts; Basics of fitness/ components of fitness/ types of workouts and how competitive athletic games help attain fitness/ components of workouts... Nutrition	Various articles put on schoology; read together discussed and summarized	Introductory work sheet; Muscle location worksheet; Observation; Daily grading
Week - 2	Fitness Testing	Fitness testing handout; EPEC & Presidential fitness standards	Daily grading and observation
Weeks 3 - 9 Weeks 11 - 17	MON & TH: GYM WORK FROM EPEC Basketball, EPEC Volleyball; Tennis; and Softball~(units are 3 weeks long Tue & Thurs - Cardiovascular conditioning timed run; Sprints; Plyometrics & Agility; Cardiovascular games(ie. floor hockey; soccer; handball; Flag football; etc...) Wed. (Short day) Strength training day.. (push up ladder / Core training / circuit training... etc) ~ Also implement weekly handouts(via schoology) on a variety of fitness topics; from nutrition: to importance of fitness; to principles to different types of workouts,	EPEC information; and various articles shared on schoology, PE equipment as needed by daily activity..	EPEC Tests; Weekly handout summary papers... Observation and daily grading
Week 10	Fitness Testing / 9 weeks written assesment	Fitness testing handout; Tests over the various units that we have been covering, also included will be information from the handouts, and from the PE advocacy Powerpoint. Extra credit given for proof of consistant use of Fitness app	EPEC written tests; muscle location worksheet; and basic workout written test. Observation...

Week 18	Fitness Testing;	Fitness testing handout; Extra credit given for proof of consistant use of Fitness app	Daily grading and observation;