

Fall 2023 ~ 2024
Physical Education ~ Fall Semester-at-a-Glance
Unified Physical Education

Standard	August	September	October	November	December
Movement Competency & Understanding	<u>Cross Country</u> <i>Aerobic Training Principles (F.I.T.T. & S.P.O.R.T.), Building Aerobic Endurance, Heart Rate, Pacing, Simple Goal Setting, Rate of Perceived Exertion (RPE), Components of Skill Related Fitness</i> (8 - 10 Lessons)	<u>Soccer</u> <i>Fundamental Ball Skills, Tactical Concepts, Teamwork, Sportsmanship, Communication, Rules, Terminology, Practice Habits, Score Keeping, Officiating, Positions, Components of Skill Related Fitness</i> (8 - 10 Lessons)	<u>Flag Football</u> <i>Fundamental Ball Skills, Attacking & Defending, Teamwork, Sportsmanship, Rules, Terminology, Practice Habits, Score Keeping, Officiating, Skill Transference, Components of Skill Related Fitness</i> (8 - 10 Lessons)	<u>Bowling</u> <i>Lifetime Activities, Target Skills, Practice Habits, Lane Etiquette, Score Keeping, Approach & Rolling Cues, Terminology & Equipment, Components of Skill Related Fitness</i> (8 - 10 Lessons)	<u>Volleyball</u> <i>Key Vocabulary & Terminology, Striking & Hitting Skills, Positions, Score Keeping, Rotating, Practice Habits, Teamwork, Sportsmanship, Components of Skill Related Fitness</i> (10 - 12 Lessons)
	<u>Movement Fitness: Dance Aerobics, Rhythms & Conditioning</u> ➔ Intentionally Taught Between and During Breaks in Units of Study <i>Calisthenics & Exercise for Muscle Strength & Tone, Conditioning Activities for Aerobic Capacity, Rhythm Activities, Dance, Movement Patterns, Stretching & Flexibility Exercises, Cross Lateral Movement, Body & Brain Connections</i>				
Physical & Personal Wellness	<u>Setting Goals for Health & Fitness</u> <i>FitnessGram Pre-Tests, Testing Protocols, Goal Setting, S.M.A.R.T., Healthy Fit Zone (HFZ), H.E.L.P. Philosophy</i> (4 - 6 Lessons)	<u>Principles of Nutrition</u> <i>Nutrients, Vitamins, Minerals, Calories, MyPlate, Portion Control, Food Guide Labels, Meal Planning, Hydration, Water vs. Sports Drinks, Supplements, Factors Influencing Food Choices, Food Diary</i> (2 - 4 Lessons)		<u>Evaluating Goals for Health & Fitness</u> <i>FitnessGram Post-Test Assessments, Goal Evaluation & Reflection</i> (4 - 6 Lessons)	
	<u>Yoga & Movement Fitness</u> ➔ 8 - 16 Lessons Spread Throughout the Semester <i>Balance, Mindfulness, Mental Clarity, Stretching, Breathing, Poses, Muscle Strength & Control, Body Management, Terminology, Stress Management, Posture</i>				
Emotional & Social Wellness	<u>Pro-Social & Personal Responsibility</u> ➔ Intentionally Taught & Embedded Within All Activities as Appropriate <i>Respect for Self & Others, Acceptance & Empathy, Conflict Management & Active Listening, Self-Management, Self-Directedness, Decision Making, Independent & Group Success Behaviors</i>				
	<u>Cooperation, Collaboration & Leadership</u> ➔ Intentionally Taught & Embedded Within All Activities as Appropriate <i>Group Success (Teamwork), Concepts of Competition & Cooperation, Leadership Styles (Examples), Leadership Skills, Sportsmanship, Respect for Self & Others</i>				
Prevention & Risk Management	<u>Rules, Behaviors & Expectations</u> 1 - 2 Lessons	<u>Movement Control for Safe Participation In All Physical Activity</u> ➔ Intentionally Taught & Embedded Within All Activities as Appropriate <i>Safe & Responsible Movement, Concepts of Space, Speed & Direction, Proper Use of Equipment, Appropriate Attire, Risk Management, Emergency Response, Environmental Factors & Weather Conditions</i>			
	<u>Smart & Safe Physical Activity</u> 1 - 2 Lessons	<u>Pre & Post Workout Practices</u> ➔ Intentionally Taught & Embedded Within All Activities as Appropriate <i>Injury Prevention, Identification, Treatment, RICE, Proper Warm-up & Cool Down Procedures to Prevent Injury & Enhance Performance</i>			

[Stress Mgmt.](#)
Managing, Good & Bad
1 - 2 Lessons