

**Mt. Zion High School  
Co-Ed Wellness**

<b>Date/Semester</b>	<b>IL Learning Standards</b>	<b>Unit/Content/Skills</b>	<b>Assessment and/or Products</b>
Fall August & continuing throughout the year	19.A.3 19.B.3 19.A.4 20.A.3a 20.B.3a 20.B.3b 20.A.5 20.B.5a 20.C.5a	<b>Conditioning/Strength/Fitness Skills:</b> -Exercises -Stretching -Jogging -Sprinting -Endurance -Cool-down -Age, Height & Weight - Yoga - Dance Cardio - AMRAP Workouts - Tabata	<b>Sit-Up Test            Flexibility Test            Push-Up Test            VO2 Max            PACER Test</b>
August/September	21.A.3a 21.A.3b 21.A.3c 21.B.3 21.A.4b 21.A.5 21.B.5	<b>Football Skills:</b> -Throwing Skills -Catching Skills -Rules -Tag Football -Flicker Football	<b>Study Guide            Written Test</b>
September	21.A.3a 21.A.3b 21.A3c	<b>Soccer Skills:</b> -Dribbling -Passing -Receiving -Shooting at goal -Throw-Ins	<b>Study Guide            Written Test</b>

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October (indoor/outdoor)	19.C.5b 19.B.5 19.A.5 21.A.3a 21.A.3c 21.B.3 21.A.5 21.B.5	<b>Speedaway &amp; Handball</b> <b>Skills:</b> -Dribbling -Passing -Shooting at goal -Lifts (2 foot, Toe Roll Up/Back) -Rules to both games	<b>Study Guide</b> <b>Written Test</b>
October/November	19.A.5 19.B.5 19.C.5b 21.A.3a 21.A.3b 21.A.3c 21.B.3 21.B.5	<b>Volleyball</b> <b>Skills:</b> -Athletic Stance -Forearm Passing <b>Hand position, Thumbs Down, Elbows Locked, Shrug Shoulders</b> -Setting <b>Elbows up and out, Hands relaxed and open</b> -Serving (underhand and overhand) <b>Toss, Step, Hit, Open hand (overhand)</b> -Hitting <b>3 Step Approach</b> -Rally Scoring -Rules	<b>Study Guide</b> <b>Written Test</b> <b>Thanksgiving Tournament</b>
December	19.C.5b 19.B.5 21.A.3a 21.A.3b 21.A.3c 21.B.3 21.B.5	<b>Basketball</b> <b>Skills:</b> -Triple Threat/Athletic Stance -Dribbling -Passing (Chest,Overhead,Bounce) -Shooting <b>Lay-up, Free Throw, Jump Shot</b> -Rules	<b>Study Guide</b> <b>Written Test</b>

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Spring January	21.A.3a 21.A.3b 21.A.3c	Eclipse Ball Skills: -Athletic Stance -Grip -Safety -Serving -Rules	Study Guide Written Test
January/February	21.A.3a 21.A.3b 21.A.3c 21.B.3	Badminton Skills: -Athletic Stance -Grip -Safety -Serving Underhand -Shots (Overhead Clear, Drop, Smash, Drive) -Scoring -Rules	Study Guide Written Test
February/March	21.A.3a 21.A.3b 21.A.3c 21.B.3 21.A.4b 21.A.5 21.B.5	Pickleball Skills: -Athletic Stance -Grip, use string around wrist, safety -Serving -Shots (Drop, Drive, Smash, Lob, Down the Line) -Rules	Study Guide Written Test
March	19.A.5 19.B.5 19.C.5b 21.A.3	Floor Hockey Skills: -Safety -Holding Stick -Shooting -Positions -Rules	Study Guide Written Test

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April	19.B.5 19.C.5 19.A.5 21.A.3a 21.A.3b 21.A.3c 21.B.3 21.B.5	<b>Softball</b> <b>Skills:</b> -Throwing -Catching -Hitting -Positions -Rules	<b>Study Guide</b> <b>Written Test</b>
May	19.A.3 19.A.4 19.B.3 20.A.3a 20.A.5 20.B.3a 20.B.5a 20.C.5a	<b>Physical Fitness Testing</b> -Mile -Sit-ups -Push-ups -Sit and Reach -Height & Weight	-PACER -Sit-ups -Push-Ups -Sit and Reach -Height & Weight