

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

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

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

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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 | Softball Skills: -Throwing -Catching -Hitting -Positions -Rules | Study Guide Written Test |
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| 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 | Physical Fitness Testing -Mile -Sit-ups -Push-ups -Sit and Reach -Height & Weight | -PACER -Sit-ups -Push-Ups -Sit and Reach -Height & Weight |