Liberty Common School Physical Education (K-6) Curriculum Map

Liberty Common School
Junior-High Elective-Physical Education & Wood Shop Curriculum Map

	August	September	October	November	December	January	February	March	April	May
Elective P.E. (7th-8th)	*** Fitness Packet Notes:** 5 Areas of Fitness, F.I.T. Principle, Muscles, Proper Workout, Target Heart Rate, Training Zones, BMI, Diet, My Plate, 6 Pillars of Health, Health/Fitness Benefits. *** Heart rate Monitors and Labs** *** Weight room Instruction and Safety** *** Fitness Day Intro**	***Team/Individual Sports Competitions (M,T,TH)** *Fitness Day(s) (W/F) 1 - Quiz - Fitness Packet Sections 2 - Cardio Workout w/ Heart Rate Monitors 3 - Weight Training - Muscular Endurance, Muscular Strength, Core Strength & Flexibility Exercises ***Game Day (F)**	***Team/Individual Sports Competitions (M,T,TH)** ***Fitness Day(s) (W/F)** 1 - Quiz - Fitness Packet Sections 2 - Cardio Workout w/ Heart Rate Monitors 3 - Weight Training - Muscular Endurance, Muscular Strength, Core Strength & Flexibility Exercises ***Game Day (F)**	***Team/Individual Sports Competitions (M,T,TH)** ***Fitness Day(s) (W/F)** 1 - Quiz - Fitness Packet Sections 2 - Cardio Workout w/ Heart Rate Monitors 3 - Weight Training - Muscular Endurance, Muscular Strength, Core Strength & Flexibility Exercises ***Game Day (F)**	***Team/Individual Sports Competitions (M,T,TH)** ***Fitness Day(s) (W/F)** 1 - Quiz - Fitness Packet Sections 2 - Cardio Workout w/ Heart Rate Monitors 3 - Weight Training - Muscular Endurance, Muscular Strength, Core Strength & Flexibility Exercises ***Game Day (F)**	***Fitness Packet Notes:** 5 Areas of Fitness, F.I.T. Principle, Muscles, Proper Workout, Target Heart Rate, Training Zones, BMI, Diet, My Plate, 6 Pillars of Health, Health/Fitness Benefits. ***Heart rate Monitors and Labs** ***Weight room Instruction and Safety** ***Fitness Day Intro**	***Team/Individual Sports Competitions (M,T,TH)** ***Fitness Day(s) (W/F)** 1 - Quiz - Fitness Packet Sections 2 - Cardio Workout w/ Heart Rate Monitors 3 - Weight Training - Muscular Endurance, Muscular Strength, Core Strength & Flexibility Exercises ***Game Day (F)**	***Team/Individual Sports Competitions (M,T,TH)** ***Fitness Day(s) (W/F)** 1 - Quiz - Fitness Packet Sections 2 - Cardio Workout w/ Heart Rate Monitors 3 - Weight Training - Muscular Endurance, Muscular Strength, Core Strength & Flexibility Exercises ***Game Day (F)**	***Team/Individual Sports Competitions (M,T,TH)** ***Fitness Day(s) (W/F)** 1 - Quiz - Fitness Packet Sections 2 - Cardio Workout w/ Heart Rate Monitors 3 - Weight Training - Muscular Endurance, Muscular Strength, Core Strength & Flexibility Exercises ***Game Day (F)**	***Team/Individual Sports Competitions (M,T,TH)** ***Fitness Day(s) (W/F)** 1 - Quiz - Fitness Packet Sections 2 - Cardio Workout w/ Heart Rate Monitors 3 - Weight Training - Muscular Endurance, Muscular Strength, Core Strength & Flexibility Exercises ***Game Day (F)**
Woodshop (7th-9th)	Intro, Rules, Expectations, Grading, Notes: Woodshop Packet - Safety, Tools, Lumber, Cutting, Drilling, Finishing, Joints, Measuring & Techniques.	*Safety Test - Must pass with 100% *Tool Test Projects *Boomerang *Drawing to Scale *Sanding Block	Projects *Stilts *Stilts Races *Woodshop quiz 1 - Tools, Techniques, Safety, and General	Projects *American Flag or Colorado Flag *Cornhole Boards Started	Projects *Cornhole Boards *Woodshop quiz 2 - Tools, Techniques, & Safety *Woodshop room - Clean-Up & Organized for Spring Class.	Intro, Rules, Expectations, Grading, Notes: Woodshop Packet - Safety, Tools, Lumber, Cutting, Drilling, Finishing, Joints, Measuring & Techniques.	*Safety Test - Must pass with 100% *Tool Test Projects *Boomerang *Drawing to Scale *Sanding Block	Projects *Stilts *Stilts Races *Woodshop quiz 1 - Tools, Techniques, Safety, and General	Projects *American Flag or Colorado Flag *Cornhole Boards Started	Projects *Cornhole Boards *Woodshop quiz 2 - Tools, Techniques, & Safety *Woodshop room - Clean-Up, Organize, and Inventory.