

October	Soccer	<p>14.4 Identify how individuals can be knowledgeable and active in the school and community to promote health</p> <p>U12.6 Describe how allowing time for healthy activities (such as exercise, preparing nutritious meals, getting adequate sleep) can improve health</p> <p>2.8 use combinations of manipulative, locomotor, and non-locomotor skills to develop movement sequences and patterns, both individually and with others</p> <p>2.9 Demonstrate developmentally appropriate basic manipulative and advanced specialized physical skills, including throwing and catching different objects with both accuracy and force, hand and foot dribbling while preventing an opponent from challenging, and accurate striking proficiency</p> <p>2.10 Perform a rhythm routine that combines traveling, rolling, balancing, and weight transfer into smooth flowing sequences with intentional changes in direction, speed, and flow</p> <p>2.14 Apply advanced movement concepts and beginning game strategies to guide and improve individual and team performance</p>	<p>4-Way Soccer World Cup</p> <p>Passing Receiving Positions Offense/Defense Rules Plays/Downs</p>	<p>Skill Analysis Worksheet, Peer evaluation worksheet, Participation, Effort</p> <p>Skill Analysis Worksheet, Peer evaluation worksheet, Participation, Effort</p>	<p>Why is soccer a sport that can be played by children and adults?</p> <p>What is the relationship between defense and an offense's ability to score?</p>
	Football	<p>2.8 use combinations of manipulative, locomotor, and non-locomotor skills to</p>	<p>Passing Receiving Positions</p>	<p>Skill Analysis Worksheet, Peer evaluation</p>	<p>What is the relationship between defense</p>
October	Football	<p>2.8 use combinations of manipulative, locomotor, and non-locomotor skills to</p>	<p>Passing Receiving Positions</p>	<p>Skill Analysis Worksheet, Peer evaluation</p>	<p>What is the relationship between defense</p>

		<p>develop movement sequences and patterns, both individually and with others</p> <p>2.9 Demonstrate developmentally appropriate basic manipulative and advanced specialized physical skills, including throwing and catching different objects with both accuracy and force, hand and foot dribbling while preventing an opponent from challenging, and accurate striking proficiency</p>	<p>Offense/Defense Rules Plays/Downs</p>	<p>worksheet, Participation, Effort</p>	<p>and an offense's ability to score?</p>
<p>November</p>	<p>Football (cont.)</p>	<p>2.8 use combinations of manipulative, locomotor, and non-locomotor skills to develop movement sequences and patterns, both individually and with others</p> <p>2.9 Demonstrate developmentally appropriate basic manipulative and advanced specialized physical skills, including throwing and catching different objects with both accuracy and force, hand and foot dribbling while preventing an opponent from challenging, and accurate striking proficiency</p> <p>2.10 Perform a rhythm routine that combines traveling, rolling, balancing, and weight transfer into smooth flowing sequences with intentional</p>	<p>Passing Receiving Positions Offense/Defense Rules Plays/Downs</p>	<p>Skill Analysis Worksheet, Peer evaluation worksheet, Participation, Effort</p>	<p>What is the relationship between defense and an offense's ability to score?</p>

		<p>changes in direction, speed, and flow</p> <p>2.14 Apply advanced movement concepts and beginning game strategies to guide and improve individual and team performance</p> <p>2.16 Describe the purpose and benefits of sports, games, and dance in modern society</p>			
November	Speed Ball	<p>2.8 Use combinations of manipulative, locomotor, and non-locomotor skills to develop movement sequences and patterns, both individually and with others</p> <p>2.9 Demonstrate developmentally appropriate basic manipulative and advanced specialized physical skills, including throwing and catching different objects with both accuracy and force, hand and foot dribbling while preventing an opponent from challenging, and accurate striking proficiency</p> <p>2.8 Use combinations of manipulative, locomotor, and non-locomotor skills to develop movement sequences and patterns, both individually and with others</p>	<p>Passing, dribbling, shooting (basketball and soccer style)</p> <p>Goalie skills</p>	<p>Skill Analysis Worksheet, Peer evaluation worksheet, Participation, Effort</p>	<p>What style of play do you believe was most popular with your teammates and why?</p>
	Team Handball	<p>2.8 Use combinations of manipulative, locomotor, and non-locomotor skills to develop movement sequences and patterns, both individually and with others</p>	<p>Passing, dribbling, shooting (basketball and soccer style)</p>	<p>Skill Analysis Worksheet, Peer evaluation</p>	

	<p>Fitness Testing Sit & reach Push-up Curl-up Body Composition</p>	<p>2.9 Demonstrate developmentally appropriate basic manipulative and advanced specialized physical skills, including throwing and catching different objects with both accuracy and force, hand and foot dribbling while preventing an opponent from challenging, and accurate striking proficiency</p> <p>2.11 Apply basic principles of training and appropriate guidelines of exercise to improve immediate and long-term physical fitness</p>	<p>Goalie skills</p> <p>Fitnessgram</p>	<p>worksheet, Participation, Effort</p> <p>Fitnessgram norms</p>	<p>Difference btwn. Muscle strength and muscle endurance.</p>
<p>December</p>	<p>Cooperative Games</p>	<p>2.14 Apply advanced movement concepts and beginning game strategies to guide and improve individual and team performance</p> <p>2.8 use combinations of manipulative, locomotor, and non-locomotor skills to develop movement sequences and patterns, both individually and with others</p> <p>2.9 Demonstrate developmentally appropriate basic manipulative and advanced specialized physical skills,</p>	<p>Passing, receiving, dodging, levels, speed, direction</p>	<p>Debriefing</p>	<p>What strategies could your team use to eliminate other teams?</p>

	Floor Hockey	<p>including throwing and catching different objects with both accuracy and force, hand and foot dribbling while preventing an opponent from challenging, and accurate striking proficiency</p> <p>2.15 Demonstrate strategies for inclusion of all students in physical activity settings related to strength and speed</p> <p>2.8 use combinations of manipulative, locomotor, and non-locomotor skills to develop movement sequences and patterns, both individually and with others</p> <p>2.9 Demonstrate developmentally appropriate basic manipulative and advanced specialized physical skills, including throwing and catching different objects with both accuracy and force, hand and foot dribbling while preventing an opponent from challenging, and accurate striking proficiency</p> <p>2.18 Demonstrate activities for warming up and cooling down before and after aerobic exercise</p> <p>2.14 Apply advanced movement concepts and beginning game strategies to guide and improve individual and team performance</p> <p>2.14 Apply advanced movement concepts and beginning game strategies to guide and improve individual and team</p>			
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	<p>Fitness Friday (Adventure Fitness, Team Marathon, Obstacle course)</p> <p>Teamwork Thursday</p>	<p>performance</p> <p>2.15 Demonstrate strategies for inclusion of all students in physical activity settings related to strength and speed</p> <p>2.4 Identify physical and psychological changes that result from participation in a variety of physical activities</p> <p>2.5 Explain the benefits of physical fitness to good health and increased active lifestyle</p> <p>2.6 Identify the major behaviors that contribute to wellness (exercise, nutrition, hygiene, rest, and recreation, refraining from using tobacco, alcohol, and other substances)</p> <p>2.11 Apply basic principles of training and appropriate guidelines of exercise to improve immediate and long-term physical fitness</p> <p>2.12 Participate in activities that promote physical fitness, decrease sedentary lifestyle, and relieve mental and emotional tension</p> <p>2.13 Explain the personal benefits of making positive health decisions and monitor progress towards personal wellness</p> <p>2.18 Demonstrate activities for warming up and cooling down before and after aerobic exercise</p> <p>2.20 Demonstrate exercises in strength</p>		<p>Completion of team challenges Surveys (written) Debriefing</p>	<p>What was key to the success of the group? What are the signs of a good cardiovascular workout?</p>
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		<p>training, cardiovascular activities, and flexibility training</p> <p>2.21 Identify the components of physical fitness and the factors involved in planning and evaluating fitness programs for individuals at different stages of the life cycle</p> <p>2.22 Conduct a personally developed physical activity program</p> <p>2.23 Meet developmentally appropriate health-related fitness benchmarks</p>			
	<i>(Scoliosis Screening)</i>				
January & February	Project Adventure Cooperative Activities	<p>2.14 Apply advanced movement concepts and beginning game strategies to guide and improve individual and team performance</p> <p>2.15 Demonstrate strategies for inclusion of all students in physical activity settings related to strength and speed</p> <p>2.18 Demonstrate activities for warming</p>	<p>Cooperation, strategizing, inclusion</p> <p>All-Aboard</p> <p>Mr. Green's Island</p> <p>Bagel Man</p> <p>Obstacle Course</p> <p>Triangle tag</p> <p>Chicken Baseball</p> <p>River Crossing</p> <p>Monarch</p>	<p>Completion of team challenges</p> <p>Surveys (written)</p> <p>Debriefing</p>	<p>Who is a "winner" in cooperative challenges?</p> <p>What was key to the success of the group?</p> <p>What are the physical signs of a good muscular workout?</p>

		<p>emotional tension</p> <p>2.14 Apply advanced movement concepts and beginning game strategies to guide and improve individual and team performance</p> <p>2.27: Define the functions of leadership in team sports (increasing motivation, efficiency, and satisfaction)</p>			
March	Strength Training and Cardiovascular Fitness	<p>2.4 Identify physical and psychological changes that result from participation in a variety of physical activities</p> <p>2.5 Explain the benefits of physical fitness to good health and increased active lifestyle</p> <p>2.6 Identify the major behaviors that contribute to wellness (exercise, nutrition, hygiene, rest, and recreation, refraining from using tobacco, alcohol, and other substances)</p> <p>2.11 Apply basic principles of training and appropriate guidelines of exercise to improve immediate and long-term physical fitness</p> <p>2.12 Participate in activities that promote physical fitness, decrease sedentary lifestyle, and relieve mental and emotional tension</p> <p>2.13 Explain the personal benefits of making positive health decisions and monitor progress towards personal wellness</p>	<p>Introduction/Review: Safety rules, proper form and use of all equipment Circuit training (Nautilus Room) Interval training (Cardio Room) Fitness Testing Components of Fitness</p>		

	Badminton	<p>2.18 Demonstrate activities for warming up and cooling down before and after aerobic exercise</p> <p>2.20 Demonstrate exercises in strength training, cardiovascular activities, and flexibility training</p> <p>2.21 Identify the components of physical fitness and the factors involved in planning and evaluating fitness programs for individuals at different stages of the life cycle</p> <p>2.22 Conduct a personally developed physical activity program</p> <p>2.23 Meet developmentally appropriate health-related fitness benchmarks</p> <p>2.12 Participate in activities that promote physical fitness, decrease sedentary lifestyle, and relieve mental and emotional tension</p> <p>2.17 Demonstrate developmentally appropriate competence (basic skills, strategies, and rules) in many and proficiency in a few movement forms and motor skills (team sports, aquatics, individual/dual sports, outdoor pursuits, self-defense, dance, and gymnastics)</p> <p>2.18 Demonstrate activities for warming up and cooling down before and after aerobic exercise</p>	<p>Introduction/Review Forehand Backhand Drop shot Lob shot Serve Boundaries Scoring</p>		
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April / May	Tennis	<p>2.12 Participate in activities that promote physical fitness, decrease sedentary lifestyle, and relieve mental and emotional tension</p> <p>2.13 Explain the personal benefits of making positive health decisions and monitor progress towards personal wellness</p> <p>2.14 Apply advanced movement concepts and beginning game strategies to guide and improve individual and team performance</p>	Serving Volleying Scoring Singles/Doubles	Skill Analysis Worksheet, Peer Evaluation Worksheet	Improvement in which Fitness Tests will provide the most benefit to one's tennis game?
June	Ultimate Frisbee	<p>2.8 Use combinations of manipulative, locomotor, and non-locomotor skills to develop movement sequences and patterns, both individually and with others</p> <p>2.9 Demonstrate developmentally appropriate basic manipulative and advanced specialized physical skills, including throwing and catching different objects with both accuracy and force, hand and foot dribbling while preventing an opponent from challenging, and accurate striking proficiency</p>	Passing –traditional, modified, hammer throw Strategizing, team play	Skill Analysis Worksheet, Peer evaluation worksheet, Participation, Effort	What skills from U.F. are used in sports we have played or will play?