

Semester One						Physical Education Orientation Week						Semester Two					
M	T	W	TH	F		Personal and Social Responsibilities Expectations; Teamwork, Cooperation, Sportsmanship, Etiquette; Safety						M	T	W	TH	F	
August 2019						Unit 1: Fitness Activities *Fitnessgram Pretest						January 2020					
			1	2		Course Standards - CPALMS			Essential Topics and Vocabulary					1	2	3	
5	6	7	8	9	PE.912.M.1.5 PE912.M.1.25 PE.912.M.1.31 PE.912.C.2.28	Aerobic activities, Anaerobic activities, Warm-up, Cool down, Skill-related components of fitness, health-related components of fitness, FITT, Principles of training						6	7	8	9	10	
12	13	14	15	16	PE.912.M.1.33 PE.912.R.5.3 PE.912.M.1.35 PE.912.M.1.15							13	14	15	16	17	
19	20	21	22	23								20	21	22	23	24	
26	27	28	29	30	Unit 2: Badminton						27	28	29	30	31		
September 2019						Course Standards - CPALMS			Essential Topics and Vocabulary			February 2020					
2	3	4	5	6	PE.912.M.1.5 PE.912.M.1.15 PE912.M.1.25 PE.912.M.1.31	History, Rules, Warm-up, Cool down, Grips, Body position, footwork, Skill-related components of fitness, Health-related components of fitness, Volley, Serve, Scoring, Game Play						3	4	5	6	7	
9	10	11	12	13	PE.912.M.1.33 PE.912.M.1.35 PE.912.R.5.3 PE.912.C.2.28							10	11	12	13	14	
16	17	18	19	20								17	18	19	20	21	
23	24	25	26	27	Unit 3: Track and Field						24	25	26	27	28		
30					Course Standards - CPALMS			Essential Topics and Vocabulary			March 2020						
October 2019						PE.912.M.1.5 PE.912.M.1.15 PE912.M.1.25 PE.912.M.1.31	History, Rules, Warm-up, Cool down, Body position/stance (sprint start,shot put, discus), footwork (high jump, long jump, shot put, discus), Skill-related components of fitness, Health-related components of fitness, Scoring						2	3	4	5	6
	1	2	3	4	PE.912.M.1.33 PE.912.M.1.35 PE.912.R.5.3 PE.912.C.2.28	9							10	11	12	13	
7	8	9	10	11		16							17	18	19	20	
14	15	16	17	18		Unit 4: Tennis						23	24	25	26	27	
21	22	23	24	25								30	31				
28	29	30	31		Course Standards - CPALMS			Essential Topics and Vocabulary			April 2020						
November 2019						PE.912.M.1.5 PE.912.M.1.15 PE.912.M.1.25 PE.912.M.1.31	History, Rules, Warm-up, Cool down, Grips, Body position, footwork, Skill-related components of fitness, Health-related components of fitness, Volley, Serve, Scoring, Game Play								1	2	3
				1	PE.912.M.1.33 PE.912.M.1.35 PE.912.R.5.3 PE.912.C.2.28	6							7	8	9	10	
4	5	6	7	8		13							14	15	16	17	
11	12	13	14	15	Unit 5: Pickleball						20	21	22	23	24		
18	19	20	21	22	Course Standards - CPALMS			Essential Topics and Vocabulary			27	28	29	30			
25	26	27	28	29	PE.912.M.1.5 PE.912.M.1.15 PE912.M.1.25 PE.912.M.1.31	History, Rules, Warm-up, Cool down, Grips, Body position, footwork, Skill-related components of fitness, Health-related components of fitness, Volley, Serve, Scoring, Game Play						May 2020					
December 2019												PE.912.M.1.33 PE.912.M.1.35 PE.912.R.5.3 PE.912.C.2.28					1
2	3	4	5	6								4	5	6	7	8	
9	10	11	12	13	Unit 6: Dance Fitness (Non-assessed)						11	12	13	14	15		
16	17	18	19	20	Course Standards - CPALMS			Essential Topics and Vocabulary			18	19	20	21	22		
23	24	25	26	27	PE.912.C.2.23 PE.912.C.2.26 PE.912.C.2.27 PE.912.L.3.3	Warm-up, Cool down, Aerobic activities, health-related components of fitness, skill-related components of fitness, program design, Zumba, Hip Hop						25	26	27	28	29	
30	31				PE.912.M.1.5 PE.912.M.1.33							June 2020					
												1	2	3	4	5	
NO CLASSES						Fitnessgram Post Assessment											
						DWT DAY											
						REVIEW PRIOR CONTENT/COMMON ASSESSMENTS/MIDTERMS/FINALS											
						NO CLASSES											