

Phys. Ed. Block Plan 2016
Unit 1: Basic Games & Fitness

Week 1 – Week 4

08/29-09/23

<p style="text-align: center;">Day 1: Rules & Signal Formations</p> <p>Lesson Objectives: Students will learn expectations of Mr. Rea’s PE class including; how to enter and exit activity area and start/stop commands.</p> <p>Fitness Components: - Agility and locomotion</p> <p>Lesson focus: <u>Competency 2:</u> Principles of Communication <u>Competency 3:</u> Safe Participation in Physical Activity</p> <p>Example Activities: Activities reinforce concepts of open spaces and the ability to identify the difference between open space and personal space while traveling.</p>	<p style="text-align: center;">Day 2: Space Awareness/ Movement</p> <p>Lesson Objectives: Students will review the concept of personal space and how to move safely around the playing area.</p> <p>Fitness Components: - Agility and locomotion</p> <p>Lesson focus: <u>Competency 1:</u> Concepts of Time and Space review and Locomotor Skills <u>Competency 2:</u> Uses the space available and moves into open spaces</p> <p>Example Activities: Combines traveling with the manipulative skills of dribbling, throwing, catching and striking</p>
<p style="text-align: center;">Day 3: Beep Test</p> <p>Lesson Objectives: Students will be graded on the beep test. Students review how to peer-grade the Beep Test for their partner</p> <p>Fitness Components: - Agility</p> <p>Lesson focus: Safe and fair testing of Beep Test</p> <p>Example Activities: Beep Test</p> <p>Assessment(s): Fitness Testing 25% of Final Score</p>	<p style="text-align: center;">Day 4: <u>Fitness Testing:</u> Sit-Ups</p> <p>Lesson Objectives: Students review the National Fitness Test and how it will be administered this year. Students practice the sit-ups test and review how to run the 800m.</p> <p>Fitness Components: - Strength</p> <p>Lesson focus: fitness testing, Endurance Concepts</p> <p>Example Activities: Sit-Ups and warm up games</p>
<p style="text-align: center;">Day 5: <u>Fitness Testing:</u> Running</p> <p>Lesson Objectives: Students review the National Fitness Test and how it will be administered this year. Students practice the 800m run around the school.</p> <p>Fitness Components: Cardiovascular Endurance-Stamina</p> <p>Lesson focus: Running safely and practicing stamina and pacing with controlled breathing.</p> <p>Example Activities: 800m – Runs for distance using a mature pattern</p> <p>Health Education: Anatomy</p>	<p style="text-align: center;">Day 6: <u>Fitness Testing:</u> Jumping & Reaching</p> <p>Lesson Objectives: Students learn about the National Fitness Testing. Students practice the Standing Long Jump Test and the Sit and Reach Test.</p> <p>Fitness Components: Standing Long Jump, Power, Strength, Flexibility</p> <p>Lesson focus: Activities that emphasize students to use spring-and-step take-offs and landings in testing and in activities</p> <p>Example Activities: Sit and Reach, Long Jump and warm up games</p> <p>Health Education: Physiology</p>

Phys. Ed. Block Plan 2016
Unit 2: Manipulative Skills

Week 5 – Week 8

09/26-10/21

<p style="text-align: center;">Day 1: Manipulative Skills/Safe Use of Object</p> <p>Lesson Objectives: Students review how to project and receive objects (small foam ball)</p> <p>Fitness Components: - Burpees, Star Jumps.</p> <p>Lesson focus: Throwing safety, Ready position and throwing while aiming at a target</p> <p>Example Activities: Card Sharks, Passing to a partner (under and overhand) Catching with ready position</p> <p>Health Education: Nutrition and Healthy Choices</p>	<p style="text-align: center;">Day 2: Manipulative Games/Teamwork</p> <p>Lesson Objectives: Students review to use throwing skills in a game environment.</p> <p>Fitness Components: Running around the play area</p> <p>Lesson focus: Teamwork & throwing/catching</p> <p>Example Activities: Jail Ball – An all inclusive ball throwing game at moving targets. Students practice throwing safely and following game rules</p> <p>Health Education: Nutrition and Healthy Choices</p>
<p style="text-align: center;">Day 3: Manipulative Games/Teamwork</p> <p>Lesson Objectives: Students review how to use one-hand throwing skills in a game environment.</p> <p>Fitness Components: Warm Up tag games with a ball</p> <p>Lesson focus: Teamwork & throwing/catching</p> <p>Example Activities: Manipulative activities that emphasize one-hand throwing and catching with ready hands in the ready position.</p>	<p style="text-align: center;">Day 4: Baseball Lead Up Games</p> <p>Lesson Objectives: Students review the basics of baseball. Students learn a lead-up game that help their understanding of the game</p> <p>Fitness Components: Aerobic – base running warm up.</p> <p>Lesson focus: Game play, rules, safety, team work</p> <p>Example Activities: Rounders/Scatterball or Kickball</p>
<p style="text-align: center;">Day 5: Manipulative Testing</p> <p>Lesson Objectives: Students are evaluated on sending and receiving a small foam ball. Throwing with one hand and receiving with two hands.</p> <p>Fitness Components: Running laps of activity area</p> <p>Lesson focus: Throwing technique, catching, ready position and Fielding/Batting</p> <p>Example Activities: Rounders Baseball Lead Up Game</p> <p>Assessment(s): 25% of Final Score- Throwing and Catching and Fair Game Play</p>	<p style="text-align: center;">Day 6: Manipulative Testing</p> <p>Lesson Objectives: Students are evaluated on sending and receiving a small foam ball. Throwing with one hand and receiving with two hands.</p> <p>Fitness Components: Running laps of activity area</p> <p>Lesson focus: Throwing technique, catching, ready position and Fielding/Batting</p> <p>Example Activities: Rounders Baseball Lead Up Game</p> <p>Assessment(s): 25% of Final Score- Throwing and Catching and Fair Game Play</p>

Phys. Ed. Block Plan 2016

Unit 3: Racket Sports

Week 9 – Week 12(13)

10/24-11/18

<p style="text-align: center;">Day 1: Badminton :Underhand Serve</p> <p>Lesson Objectives: Students review the basic concepts of badminton.</p> <p>Fitness Components: Running Laps around the gymnasium.</p> <p>Lesson focus: Safe and correct handling of racquet. Grip. Stroke. Review of long serve and introduction of short serve.</p> <p>Health Education: Lifestyle Habits– Balancing lifestyle habits and Benefits of maintaining healthy living principals</p>	<p style="text-align: center;">Day 2: Forehand Technique</p> <p>Lesson Objectives: Students review forehand shots and grip</p> <p>Fitness Components: Running laps around gymnasium. Increasing distance each time</p> <p>Lesson focus: Grip and forehand technique</p> <p>Health Education: Nutrition - Balancing lifestyle habits and Benefits of maintaining healthy living principals</p>
<p style="text-align: center;">Day 3: Overhead Forehand and Backhand Clear Technique</p> <p>Lesson Objectives: Students will learn the overhead backhand clears and review forehand and basic game play rules.</p> <p>Fitness Components: Running laps around the gymnasium. Increasing distance each time</p> <p>Lesson focus: Backhand techniques and half-court games</p> <p>Example Activities: King/Queen of the Court-Students play half court games utilizing their serving and overhead clear skills. The Queen/King stays on the court for a max. of three turns and then rotate.</p>	<p style="text-align: center;">Day 4: Introduction to Pickle ball</p> <p>Lesson Objectives: Students review pickleball grip and forehand techniques</p> <p>Fitness Components: Running Laps around playing area</p> <p>Lesson focus: Safety, rules, grip review of the Forehand swing</p> <p>Example Activities: Demo of grip and paddle control, single player juggling (face and back) Students learn how to play singles game play with modified variations dependant on skill level</p>
<p style="text-align: center;">Day 5: Sending and Receiving</p> <p>Lesson Objectives: Students review basic forehand technique and ready position in Pickle ball</p> <p>Fitness Components: stretch and run</p> <p>Lesson focus: Aerobic, technique, rules, safety</p> <p>Example Activities: Partner rallies and backhand practice</p> <p>Assessment(s): 25% of Final Score- Sending and Receiving in badminton</p>	<p style="text-align: center;">Day 6 & 7: Pickle Ball Game Play</p> <p>Lesson Objectives: Students play small-sided Pickle ball games with a partner over the net.</p> <p>Fitness Components: stretch and run</p> <p>Lesson focus: Game Play, fair and safe play and Pickle ball Game Play</p> <p>Example Activities: Small-sided Pickle ball games</p> <p>Assessment(s): 25% of Final Score- Sending and Receiving in badminton</p>

Phys. Ed. Block Plan 2016

Unit 4: Ultimate Frisbee & Hand Ball

Week (13)14 – Week 17(18)

11/28-12/27

<p style="text-align: center;">Day 1: Flag Tag and Throwing Technique</p> <p>Lesson Objectives: Students will play lead up Frisbee games as an introduction to the formal sport of Ultimate</p> <p>Fitness Components: - Flag Tag and other high cardio warm up games</p> <p>Lesson focus: Students will review using flags and belts. They will review the application, maintenance and rules associated with using the flags</p> <ul style="list-style-type: none"> - Intro to disc throwing - Intro to moving to space 	<p style="text-align: center;">Day 2: Basic Backhand Throw & Forehand Grip Stationary Passing and on the Move</p> <p>Lesson Objectives: -Students will review how to properly grip the Frisbee and the differences between both throws</p> <p>-Students will review how to use the proper throwing technique when throwing a Frisbee. (Snap wrist, follow through across the body)</p> <p>Fitness Components: - Students will do a warm up around the 2nd floor</p> <p>Lesson focus: Throwing and Catching techniques</p>
<p style="text-align: center;">Day 3: Passing and Receiving & Game Play</p> <p>Lesson Objectives: -Students review how to pass to a moving target. Students play Small-Sided Ultimate Frisbee</p> <p>-Students continue to learn how to pass to an open space and how to defend passes thrown.</p> <p>Fitness Components: - Students will do a warm up around the 2nd floor</p> <p>Lesson focus: Passing Drills and Ultimate Football</p>	<p style="text-align: center;">Day 4: Ultimate Frisbee Competition</p> <p>Lesson Objectives: Students will develop their skills with an Ultimate Frisbee competition</p> <p>Fitness Components: Tag game.</p> <p>Lesson focus: Ultimate Frisbee Game Play</p> <p>Example Activities: Four teams play each other in a tournament.</p>
<p style="text-align: center;">Day 5: Intro to Handball</p> <p>Lesson Objectives: Use Ultimate Frisbee foundations to develop into handball.</p> <p>Fitness Components: - Running Laps</p> <p>Lesson focus: Concept of Handball (Rules of 3)</p> <p>Example Activities: - Keep ball with handball rules</p> <p>Assessment(s): Participation/Effort Score 15% of Final Score</p>	<p style="text-align: center;">Day 6: Handball Game play</p> <p>Lesson Objectives: Students will learn to play a mini handball game.</p> <p>Fitness Components: - Circuits</p> <p>Lesson focus: Scoring using mini soccer nets</p> <p>Example Activities: - Handball game without goalkeepers.</p> <p>Assessment(s): Team work and fair play throughout the class.</p> <p>Participation/Effort Score 15% of Final Score</p>

Phys. Ed. Block Plan 2015

Unit 5: Fitness Testing and Elementary Gymnastics

Week 18 – Week 21

12/28-01/19

Day 1: Beep Test	Day 2: Station Testing
<p>Lesson Objectives: Students will be graded on the beep test. Students review how to peer-grade the Beep Test for their partner</p> <p>Fitness Components: - Agility</p> <p>Lesson focus: Safe and fair testing of Beep Test</p> <p>Example Activities: Beep Test</p> <p>Assessment(s): Fitness Testing 25% of Final Score-Improvement 10% and Skill 15%</p>	<p>Lesson Objectives: In groups, students answer a variety of questions concerning the lessons taught this semester.</p> <p>Fitness Components: n/a</p> <p>Lesson focus: Multiple Choice Questions on PE related material</p> <p>Example Activities: Stations</p> <p>Assessment(s): 10% of Final Score</p>
Day 3: Elementary Gymnastics	Day 4: Elementary Gymnastics
<p>Lesson Objectives: -Students will learn the importance of balance by practicing common gymnastics stunts- forward scale, l support, v sit -Students travel using different locomotor skills to move across the gym floor</p> <p>Fitness Components: Warm Up running and stretching</p> <p>Lesson focus: Balance, Flexibility and Locomotor</p> <p>Example Activities: Supporting, Balancing, Rotation, Landing, and Locomotor</p>	<p>Lesson Objectives: With a partner, students will learn how to work together to support each other and balance through teamwork and cooperation. -Students will use each other's weight to hold what would normally be an off-balance position</p> <p>Fitness Components: Balance Stork Fitness Test</p> <p>Lesson focus: Partner Work</p> <p>Example Activities: Cooperative Supporting, Balancing, and Partner work</p>
Day 5: Basic Gymnastics Tumbling	Day 6: Basic Gymnastics Tumbling
<p>Lesson Objectives: Students will learn how to improve their body awareness through various gymnastics activities</p> <p>Fitness Components: Strength and Locomotor Activities</p> <p>Lesson focus: Tumbling, Rotations, Balance and Strength exercises</p> <p>Example Activities: Tumbling, jumping/Landing, Core exercises and introduction to trampoline</p> <p>Health Education: Flexibility and Posture</p>	<p>Lesson Objectives: Students will learn how to improve their body awareness through various gymnastics activities</p> <p>Fitness Components: Strength and Locomotor Activities</p> <p>Lesson focus: Tumbling, Rotations, Balance and Strength exercises</p> <p>Example Activities: Tumbling, jumping/Landing, Core exercises and introduction to trampoline</p> <p>Health Education: Flexibility and Posture</p>