

Phys. Ed. Block Plan 2016
Unit 1: Baseball and Fitness Testing

Week 1 – Week 4

08/29-09/23

<p style="text-align: center;">Day 1: Rules & Signal Formations</p> <p>Lesson Objectives: Students will review expectations of Mr. Skelton’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: Baseball Throwing & Catching</p> <p>Lesson Objectives: Using their two hands, students will practice proper throwing and catching techniques with a soft baseball.</p> <p>Fitness Components: High Cardio Warm Up Games</p> <p>Lesson focus: -“Stop Sign Catching” - Rotation while Throwing - Follow Through and Release</p> <p>Example Activities: Partner Drills, Kick ball</p> <p>Health Education: Stretching and Anatomy</p>
<p style="text-align: center;">Day 2: Using an Implement</p> <p>Lesson Objectives: Students learn how to grip and swing a bat to use in a baseball lead-up game.</p> <p>Fitness Components: Warm up activity focusing on high cardio and stretching core muscles</p> <p>Lesson focus: Hitting Practice with a Tee - Safety while hitting</p> <p>Example Activities: Hitting Drills - T ball (Long Ball)</p>	<p style="text-align: center;">Day 4: Base Running and Using an Implement</p> <p>Lesson Objectives: Students learn a baseball lead-up game called Scatter ball. This game teaches basic rules and techniques used in formal games of baseball.</p> <p>Fitness Components: Specialized running for baseball practice (sprints)</p> <p>Lesson focus: Modified baseball game play</p> <p>Example Activities: Scatter ball</p>
<p style="text-align: center;">Day 5: Baseball Batting Assessment</p> <p>Lesson Objectives: To evaluate student’s batting ability pre swing through to follow through.</p> <p>Fitness Components: Warm-up Laps around the 2nd floor</p> <p>Lesson focus: Evaluation of baseball skills</p> <p>Example Activities: Baseball Games while testing is going on. 10% Hitting off a Tee</p>	<p style="text-align: center;">Day 6: Beep Test</p> <p>Lesson Objectives: -Students record how many intervals they can run without missing two beeps in a row</p> <p>- Students learn how to count and record the fitness testing - Students choose a partner and line up on opposite lines (20 m apart)</p> <p>- The test involves running continuously between two points that are 20 m apart from side to side.</p> <p>Example Activities: Beep Test</p>

Phys. Ed. Block Plan 2016

Unit 2: Basketball

Week 5 – Week 8

09/26-10/21

<p style="text-align: center;">Day 1: Ball Handling and Review</p> <p>Lesson Objectives: Students learn basic skills in basketball. Students review basic offensive skills.</p> <p>Fitness Components: Students will jog at a regular pace to music. The students will try and not walk for the entirety of the song.</p> <p>Lesson focus: Dribbles with hands with mature patterns in a variety of small-sided game forms. Combines hand dribbling with other skills during 1 vs. 1 practice.</p> <p>Example Activities: Keep Away – Monkey in the middle</p>	<p style="text-align: center;">Day 2: Stationary and Passing While Moving</p> <p>Lesson Objectives: Students will review basic passes and move on to game passing situations</p> <p>Fitness Components: Students will jog at a regular pace to music. Students are introduced to jump rope as part of their fitness circuit.</p> <p>Lesson focus: -Catches with accuracy, both partners moving.</p> <p>Example Activities: Full court passing and 2 vs. 1</p> <p>Health Education: Nutrition and Food Choices</p>
<p style="text-align: center;">Day 3: Passing and Basic Positioning</p> <p>Lesson Objectives: Students learn how to move on the floor when they don't have the ball. Students learn positioning on the floor.</p> <p>Fitness Components: Passing basketball warm up game that concentrates on teamwork and moving around the floor to get open</p> <p>Lesson focus: Positioning and Movement</p> <p>Example Activities: 2 vs. 2 (no dribbling)</p>	<p style="text-align: center;">Day 4: Lay-Ups & 2 vs. 2</p> <p>Lesson Objectives: Students learn how to shoot the basketball using one hand. Students learn the sequence of a lay-up in basketball.</p> <p>Fitness Components: Students will jog at a regular pace to music. The students will try and not walk for the entirety of the song.</p> <p>Lesson focus: Combines manipulative skills and traveling for execution to a target</p> <p>Example Activities: 2 vs. 2 (no dribbling)</p>
<p style="text-align: center;">Day 5: Lay-Ups & 3 vs. 3</p> <p>Lesson Objectives: Students are tested on their passing and lay-up skills and game play understanding</p> <p>Fitness Components: 5 minute Run- Students will jog at a regular pace to music. The students will try and not walk for the entirety of the song.</p> <p>Lesson focus: Catches with reasonable accuracy in dynamic, small-sided practice tasks.</p> <p>Example Activities: Give and go passing, Lay-Up Testing & 3 vs. 3 games</p> <p>Assessment(s): 25% of Final Semester Score</p>	<p style="text-align: center;">Day 6: 3 vs. 3 and Skill Testing</p> <p>Lesson Objectives: Students play a basketball tournament while the teacher tests their passing and lay-up skills</p> <p>Fitness Components: 5 minute Run- Students will jog at a regular pace to music. The students will try and not walk for the entirety of the song.</p> <p>Lesson focus: Lay-ups and passing in game play</p> <p>Example Activities: Testing & 3 vs. 3 games</p> <p>Assessment(s): 25% of Final Semester Score</p>

Phys. Ed. Block Plan 2016
Unit 3: Jump Rope and Fitness

Week 9 – Week 12(13)

10/24-11/18

<p style="text-align: center;">Day 1: Strength</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 and Sit up testing</p> <p>Lesson focus: Activities that emphasize students to use spring-and-step take-offs and landings in testing and in activities</p> <p>Health Education: Physical Fitness (Influencing Factors)</p>	<p style="text-align: center;">Day 2: Flexibility</p> <p>Lesson Objectives: Students learn about the National Fitness Testing. Students practice the Stork Balance Test and the Sit and Reach Test.</p> <p>Fitness Components: Sit and Reach Test and Stork test</p> <p>Lesson focus: Activities that emphasize students to stretch their muscles and focus on body awareness and balance</p> <p>Health Education: Physical Fitness (Influencing Factors)</p>
<p style="text-align: center;">Day 3: Jump Rope Introduction & 800 m Review</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: Endurance Running</p> <p>Lesson focus: Running safely and practicing stamina and pacing with controlled breathing. Jump Rope Skills- Basic Two Bounce Jump & Alternate Jump</p> <p>Example Activities: Sit and Reach, Long Jump and warm up games</p>	<p style="text-align: center;">Day 4: Manipulative Games & Jump Rope</p> <p>Lesson Objectives: Students learn how to play games with implements and using their manipulative skills correctly</p> <p>Fitness Components: Jump Rope Basic Skills and High cardiovascular activities.</p> <p>Lesson focus: Chasing, fleeing and dodging -Running in control</p> <p>Example Activities: Capture the flag, Rugby Tag</p>
<p style="text-align: center;">Day 5: Spatial Awareness Games</p> <p>Lesson Objectives: Students review how to create space and play safely while running and moving quickly</p> <p>Fitness Components: Jump Rope Basic Skills and High cardiovascular activities.</p> <p>Lesson focus: -Spatial Awareness -Agility -Teamwork</p> <p>Example Activities: Shark Attack and Hula Tag</p>	<p style="text-align: center;">Day 6: Bean Bag Games</p> <p>Lesson Objectives: Students focus on teamwork in these basic games using bean bags</p> <p>Fitness Components: Warm-up laps around the 2nd Floor playing area</p> <p>Lesson focus: -Manipulation -Chasing -Fleeing -Strategy</p> <p>Example Activities: Octopus Tag and War</p>

Phys. Ed. Block Plan 2016

Unit 4: Badminton

Week (13)14 – Week 17(18)

11/28-12/27

<p style="text-align: center;">Day 1: Badminton Grip & Short Serve</p> <p>Lesson Objectives: Students review skills, rules and correct handling of the racquet and safety procedures.</p> <p>Fitness Components: Running laps around the gym while listening to warm up music</p> <p>Lesson focus: - <u>Review</u> Grip of the badminton racquet</p> <ul style="list-style-type: none"> - Badminton Short Serve - Court dimensions and rules of play - <p>Example Activities: Hula-hoop Serving</p> <ul style="list-style-type: none"> - Partner Practice and rally 	<p style="text-align: center;">Day 2: Overhand Clear & High Deep Serve</p> <p>Lesson Objectives: Students will learn how to feed a shuttle to their partners. Students will practice “the back scratch” before hitting a clear.</p> <p>Fitness Components: Running laps around the gym while listening to warm up music</p> <p>Lesson focus: - <u>Review</u> Overhand Clear</p> <ul style="list-style-type: none"> - High Deep Serves - Footwork and keeping eyes on shuttle <p>Example Activities: Feed and Clear Drills</p> <ul style="list-style-type: none"> - Back to you Drill
<p style="text-align: center;">Day 3: Back hand Grip & Back hand Clear</p> <p>Lesson Objectives: Students learn how to hit the shuttle on their non-dominant side. Students learn how to use their backhand strokes to hit the shuttle.</p> <p>Fitness Components: Running laps around the gym while listening to warm up music</p> <p>Lesson focus: -Practice backhand grip and switching between two grips during play. -Proper positioning and follow through</p> <p>Example Activities: Champion</p> <ul style="list-style-type: none"> - Short Serve/Backhand Feed <p>Health Education: Heart Rate</p>	<p style="text-align: center;">Day 4: Overhand Clears and Placement</p> <p>Lesson Objectives: Students learn how to control the shuttle while at the same time hit at the utmost point of contact.</p> <p>Fitness Components: Running laps around the gym while listening to warm up music</p> <p>Lesson focus: Placing the shuttle in the backcourt -Returning to the middle (footwork) -Using the whole court</p> <p>Example Activities: Killer</p> <ul style="list-style-type: none"> - Run Clear <p>Health Education: Heart Rate</p>
<p style="text-align: center;">Day 5: Badminton Game Play & Rules</p> <p>Lesson Objectives: Students learn how to keep score and basic badminton rules review.</p> <p>Fitness Components: Running laps around the gym while listening to warm up music</p> <p>Lesson focus: -Scoring -Rules and Positioning</p> <p>Example Activities: Singles Game Play</p> <p>Assessment(s): Badminton Skill Assessment 25%</p>	<p style="text-align: center;">Day 6: Singles Game Play & Evaluation</p> <p>Lesson Objectives: Students play single games to 7 points and rotate opponents within their skill group.</p> <p>Fitness Components: Running laps around the gym while listening to warm up music</p> <p>Lesson focus: Badminton Skills Assessment- Students tested on their short serve and their overhand clears.</p> <p>Example Activities: Singles Game Play</p> <p>Assessment(s): Badminton Skill Assessment 25%</p>

Phys. Ed. Block Plan 2016
Unit 5: Testing & Ultimate Frisbee

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 with sport equipment to help students answer various PE-related questions</p> <p>Assessment(s): 10% of Final Score</p>
<p style="text-align: center;">Day 3: 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 - <p>-Intro to moving to spaces</p>	<p style="text-align: center;">Day 4: Basic Backhand Throw & Forehand Grip Stationary Passing and on the Move</p> <p>Lesson Objectives: -Students will learn how to properly grip the Frisbee and the differences between both throws</p> <p>-Students will learn 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 and Ultimate Frisbee Small-Sided Games</p>
<p style="text-align: center;">Day 5: Ultimate Frisbee Game Play</p> <p>Lesson Objectives: Students demonstrate their understanding on how to play Ultimate</p> <p>Fitness Components: - 5 minute Run</p> <p>Lesson focus: Positioning and Game Play</p> <p>Example Activities: - Ultimate Tournament and introduction to American Flag Football for next semester</p> <p>Health Education: 5% of Final Score</p>	<p style="text-align: center;">Day 6: Optional Sports</p> <p>Lesson Objectives: Students choose sports to play that they learnt throughout the semester.</p> <p>Fitness Components: Jump Rope Workout- Students practice their jump rope tricks to music for 5 minutes</p> <p>Lesson focus: Formal Sports- To utilize the skills taught throughout the semester. Students work on game play and regulations of various sports. Students concentrate on fair play and safety.</p> <p>Example Activities: Basketball, Dodge ball, Table Tennis, Badminton, Soccer and Baseball</p>