

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 learn expectations of a PE class including; snow-mountain preparation and new sports added to the program</p> <p>Fitness Components: - Agility and locomotion</p> <p>Lesson focus: Principles of Communication and safe participation in physical activity</p> <p>Example Activities: Poison Ball -Throwing and Catching -Stretching Routine</p> <p>Health Education: Stretching and Anatomy</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: Dynamic mobility exercises- side stepping, crossover, skipping, heel flicks, arm swings/ circles...</p> <p>Lesson focus: -“Stop Sign Catching” -Rotation while Throwing</p> <p>Example Activities: Partner Drills (long and short throws)</p> <p>Health Education: Stretching and Anatomy</p>
<p style="text-align: center;">Day 3: Baseball: Using an Implement</p> <p>Lesson Objectives: Students learn how to grip and swing a baseball bat and the importance of safety.</p> <p>Fitness Components: Warm up activity focusing on high cardio.</p> <p>Lesson focus: Hitting Practice -Safety while hitting</p> <p>Example Activities: Pitching and Hitting Drills -Swing and follow through -Review of base running</p>	<p style="text-align: center;">Day 4: Baseball Defensive Play</p> <p>Lesson Objectives: Students learn how to field and how to work as a team to get the ball quickly back to the basemen and the pitcher.</p> <p>Fitness Components: Specialized running for baseball practice around bases</p> <p>Lesson focus: Base running, fielding strategies, and long throws</p> <p>Example Activities: Pitching and Hitting Drills -Small-sided baseball games</p>
<p style="text-align: center;">Day 4: Baseball Game Play</p> <p>Lesson Objectives: Students learn how to hit a pitched ball with the correct swing and follow through. Students play small-sided baseball games.</p> <p>Fitness Components: Endurance running around the play area</p> <p>Lesson focus: Hitting a ball off a pitch and baseball game play</p> <p>Example Activities: Small-sided baseball games with a pitcher or tee</p> <p>Assessment(s): 10% of Final Score- Using an Implement off a pitch</p>	<p style="text-align: center;">Day 5: 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</p> <p>- 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: 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 2: Lay-Ups & Passing on the Run</p> <p>Lesson Objectives: Students learn how to move quickly down the floor. Students review RH lay-ups.</p> <p>Fitness Components: Students 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. Combines manipulative skills and traveling for execution to a target</p> <p>Example Activities: Lay-Up Drills and give and go</p>
<p style="text-align: center;">Day 3: Shooting</p> <p>Lesson Objectives: Students review how to shoot properly and how to perform a right handed lay-up</p> <p>Fitness Components: Jump Rope Basic Skills</p> <p>Lesson focus: -B.E.E.F shooting technique review -Lay-up steps and execution review (Left hand intro.)</p> <p>Example Activities: Knockout, straight-stick shooting</p> <p>Health Education: Nutrition and Food Choices</p>	<p style="text-align: center;">Day 4: 3 vs. 3 Game Play</p> <p>Lesson Objectives: Students review how to play 3 vs. 3 and the offensive and defensive strategies while playing. The class reviews the rules of 3 vs. 3</p> <p>Fitness Components: Skipping Workout</p> <p>Lesson focus: -3 vs. 3 game play and jump rope cardio workout</p> <p>Example Activities: Skipping and 3 vs. 3 introduction</p>
<p style="text-align: center;">Day 5: Defense</p> <p>Lesson Objectives: Students are tested on their passing and lay-up skills and game play understanding</p> <p>Fitness Components: Skipping Workout</p> <p>Lesson focus: -Basic offensive and defensive drills. Students continue straight-stick shooting practice. Defensive focus – 1 vs. 1- Man-to-Man defense and staying in between the man and the basket.</p> <p>Example Activities: Game Play Testing & 3 vs. 3 games- Students are graded on movement and understanding of game play while playing 3 vs. 3</p> <p>Assessment(s): 10% of Final Semester Score</p>	<p style="text-align: center;">Day 6: 3 vs. 3 Tournament and Skill Testing</p> <p>Lesson Objectives: Students play a basketball tournament while the teacher tests their teamwork and offensive and defensive strategies</p> <p>Fitness Components: Students run for the duration of a warm-up song and count how many laps they do.</p> <p>Lesson focus: Students are evaluated on their movement during game play and basic skills used in the game</p> <p>Example Activities: Game Play Testing & 3 vs. 3 games</p> <p>Assessment(s): 10% of Final Semester Score</p>

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

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 and high cardio warm ups</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 and high cardio warm ups</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: Jump Rope Basic Skills and High cardiovascular activities. Sit- Ups Testing</p> <p>Lesson focus: Running safely and practicing stamina and pacing with controlled breathing. Jump Rope Skills- Basic One Bounce Jump & Alternate Jump</p> <p>Example Activities: Jump Rope Variations - warm up games- 800m – Runs for distance using a mature pattern</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: High cardiovascular activities that increase the heart rate throughout</p> <p>Lesson focus: Chasing, fleeing and dodging -Running in control</p> <p>Example Activities: Warm Up Game and Routine formation -Jumping Tricks and sequences</p>
<p style="text-align: center;">Day 5: Skipping Routine</p> <p>Lesson Objectives: Students learn how to create space and play safely while running and moving quickly</p> <p>Fitness Components: Warm-up laps and</p> <p>Lesson focus: -Spatial Awareness -Agility -Teamwork and Individual Skipping Practice</p> <p>Example Activities: Warm Up Game and Routine Practice with partners. Students practice jump rope techniques and try to synchronize with partner.</p>	<p style="text-align: center;">Day 6: Skipping Routine</p> <p>Lesson Objectives: Students present their skipping routines to the class and are graded on originality, difficulty and overall synchronicity with partners.</p> <p>Fitness Components: Jump Rope</p> <p>Lesson focus: -Spatial Awareness -Agility -Teamwork -Sequencing and Partner work</p> <p>Example Activities: Jump Rope Routines</p> <p>Assessment: Jump Rope Routines 10% of Final Score & Fitness Testing 10 % of Final Score</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 previous badminton skills, the basic 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: -Review: Short and High Serves</p> <ul style="list-style-type: none"> - Overhand Clears - Backhand Grip and Clear - Basic Badminton Rules and Safety Points <p>Example Activities:</p> <ul style="list-style-type: none"> - Court Organization - Game Play and Review 	<p style="text-align: center;">Day 2: Overhand Clear (Forehand and Backhand)</p> <p>Lesson Objectives: Students review how to feed a shuttle to their partner. Students will practice “the back scratch” before hitting a clear. They will also focus on their movement on the court.</p> <p>Fitness Components: Running laps around the gym while listening to warm up music</p> <p>Lesson focus: - Overhand Clears</p> <ul style="list-style-type: none"> - High Deep Serves - Backhand ‘Thumb’ Grip Change - Positioning on the court <p>Example Activities: Half Court Feed and Clear Drills</p> <ul style="list-style-type: none"> - Singles Play with long shot focus
<p style="text-align: center;">Day 3: Badminton Drop Shot</p> <p>Lesson Objectives: Students learn how to do a drop shot at the net.</p> <p>Fitness Components: Running laps around the gym while listening to warm up music</p> <p>Lesson focus: How to lunge into a drop Shot</p> <ul style="list-style-type: none"> - Drop Shots using backhand and forehand - When to use a drop shot <p>Example Activities: Feeding drop shots over the net</p> <ul style="list-style-type: none"> - Clear, Drop, Drop, Clear - Champion Games <p>Health Education: Healthy Lifestyle Choices & Effects of a Sedentary Lifestyle</p>	<p style="text-align: center;">Day 4: Movement, Placement and Introduction to Doubles Play</p> <p>Lesson Objectives: Students learn how to place the shuttle strategically. Students learn how to play doubles badminton.</p> <p>Fitness Components: - Running laps around the gym while listening to warm up music</p> <p>Lesson focus: Introduction to Doubles Game play, rules and placement</p> <p>Example Activities: - Shuttle Placement Drills and Doubles Lecture and Play</p> <p>Health Education: Healthy Lifestyle Choices & Effects of a Sedentary Lifestyle</p>
<p style="text-align: center;">Day 5: Doubles Game Play & Evaluation</p> <p>Lesson Objectives: Students play doubles games to 11 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 -Smash Attack shot for advanced players</p> <p>Example Activities: Double Game Play</p> <p>Assessment(s): Movement skills 10%</p>	<p style="text-align: center;">Day 6: Singles Game Play & Evaluation</p> <p>Lesson Objectives: Students play doubles games to 11 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 -Smash Attack shot for advanced players</p> <p>Example Activities: Double Game Play</p> <p>Assessment(s): Movement skills 10%</p>

Phys. Ed. Block Plan 2016

Unit 5: Fitness Testing and Ultimate Frisbee

Week 18 – Week 21

12/28-01/19

<p>Day 1: 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- (Improvement 10% and Skill 15%)</p>	<p>Day 2: Station Testing</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>Day 3: Passing and Receiving</p> <p>Lesson Objectives: -Students review how to pass to a stationary and moving target. -Students will learn how to use the proper throwing technique when throwing a Frisbee. (Snap wrist, follow through across the body) -Students 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>Day 4: Offensive and Defensive Play</p> <p>Lesson Objectives: -Students will use offensive and defensive strategies to play Ultimate Frisbee.</p> <p>Fitness Components: - Students will do a warm up around the 2nd floor</p> <p>Lesson focus: Ultimate Football and Passing Drills</p> <p>Example Activities: Ultimate Football</p> <p>Health Education: 5% of Final Score</p>
<p>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>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>