

## Phys. Ed. Block Plan 2020

### Unit 1: Baseball

**Week 1 – Week 4**

**08/31-09/30**

<p style="text-align: center;"><b>Day 1: Baseball Throwing &amp; Catching</b></p> <p><b>Lesson Objectives:</b> Using their two hands, students review proper throwing and catching techniques with a soft baseball.</p> <p><b>Fitness Components:</b> High Cardio Warm Up Games</p> <p><b>Lesson focus:</b> -“Stop Sign Catching” -Rotation while Throwing -Follow Through and Release</p> <p><b>Example Activities:</b> Partner Drills, Kick ball -Introduce safety and stance when batting</p>	<p style="text-align: center;"><b>Day 2: Using an Implement</b></p> <p><b>Lesson Objectives:</b> Students learn how to grip and swing a bat to use in a baseball lead-up game.</p> <p><b>Fitness Components:</b> Warm up activity focusing on high cardio.</p> <p><b>Lesson focus:</b> Hitting Practice with a Tee -Safety while hitting</p> <p><b>Example Activities:</b> Pitching and Hitting Drills -Small-sided baseball lead ups with Tee practice and running for points</p>
<p style="text-align: center;"><b>Day 3: Base Running and Using an Implement</b></p> <p><b>Lesson Objectives:</b> Students learn a baseball lead-up game called Long ball. This game teaches basic rules and techniques used in formal games of baseball.</p> <p><b>Fitness Components:</b> Specialized running for baseball practice (sprints)</p> <p><b>Lesson focus:</b> Offensive and defensive basic skills and basic rules of baseball implemented</p> <p><b>Example Activities:</b> Baseball lead-up games</p>	<p style="text-align: center;"><b>Day 4: Positioning and Defense</b></p> <p><b>Lesson Objectives:</b> Students learn basic positioning, rules and game play</p> <p><b>Fitness Components:</b> - base running</p> <p><b>Lesson focus:</b> Students play mini games and focus on defensive and offensive strategies. Students play mini games that focus on base running, batting and basic rules of baseball.</p> <p><b>Example Activities:</b> Small-sided Games</p>
<p style="text-align: center;"><b>Day 5: Base Running and Offensive Game Play</b></p> <p><b>Lesson Objectives:</b> To evaluate student’s batting ability pre swing through to follow through.</p> <p><b>Fitness Components:</b> Warm-up Laps around the 2<sup>nd</sup> floor</p> <p><b>Lesson focus:</b> Hitting off the tee, base running, the infield positioning and good sportsmanship</p> <p><b>Example Activities:</b> Introduction of small-sided baseball games with baseball diamond, hitting tee and basic infield and outfield positioning</p> <p><b>Health Education:</b> Concept of fitness components, importance of warm up and cool downs before and after PE class and Safety Awareness</p>	<p style="text-align: center;"><b>Day 6: Beep Test</b></p> <p><b>Lesson Objectives: Beep Test-</b> Students will be graded on the beep test. Students review how to peer-grade the Beep Test for their partner</p> <p><b>Fitness Components:</b> - Agility</p> <p><b>Lesson focus:</b> Safe and fair testing of Beep Test</p> <p><b>Assessment(s): Fitness Testing 25% of Final Score-</b> (Improvement 10% and Skill 15%)</p> <p><b>Health Education:</b> Concept of fitness components, importance of warm up and cool downs before and after PE class and Safety Awareness</p>

## Phys. Ed. Block Plan 2020

### Unit 2: Basketball

**Week 5– Week 9**

**09/28-10/30**

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

## Phys. Ed. Block Plan 2020

### Unit 3: Ultimate Frisbee

**Week 10 – Week 13**

**11/02-11/27**

<p style="text-align: center;"><b>Day 1: Flag Tag and Throwing Technique</b></p> <p><b>Lesson Objectives:</b> Students will play lead up Frisbee games as an introduction to the formal sport of Ultimate</p> <p><b>Fitness Components:</b> - Flag Tag and other high cardio warm up games –flag pulling drills</p> <p><b>Lesson focus:</b> Students review how to use flags and belts. They will review the application, maintenance and rules associated with using the flags</p> <ul style="list-style-type: none"> <li>- Intro to disc throwing</li> <li>- Intro to moving to space</li> </ul>	<p style="text-align: center;"><b>Day 2: Basic Backhand Throw &amp; Forehand Grip Stationary Passing and on the Move</b></p> <p><b>Lesson Objectives:</b> -Students review how to properly grip the Frisbee and the differences between both throws</p> <p>.</p> <p>-Students review how to use the proper throwing technique when throwing a Frisbee. (Snap wrist, follow through across the body)</p> <p><b>Fitness Components:</b> - Students will do a warm up around the 2<sup>nd</sup> floor</p> <p><b>Lesson focus:</b> Throwing and Catching techniques</p>
<p style="text-align: center;"><b>Day 3: Passing and Receiving</b></p> <p><b>Lesson Objectives:</b> -Students will learn how to pass to a moving target. -Students will learn how to pass to an open space and how to defend passes thrown.</p> <p><b>Fitness Components:</b> - Students will do a warm up around the 2<sup>nd</sup> floor</p> <p><b>Lesson focus:</b> Passing Drills and Ultimate Football</p> <p><b>Health Education:</b> Benefits of Jump Rope &amp; Nutrition and Food Choices</p>	<p style="text-align: center;"><b>Day 4: Ultimate Frisbee Game Play</b></p> <p><b>Lesson Objectives:</b> Students demonstrate their understanding on how to play Ultimate</p> <p><b>Fitness Components:</b> - Jump Rope Warm Up</p> <p><b>Lesson focus:</b> Positioning and Game Play</p> <p><b>Example Activities:</b> - Ultimate Tournament</p> <p><b>Health Education:</b> Benefits of Jump Rope &amp; Nutrition and Food Choices</p>
<p style="text-align: center;"><b>Day 5: Jump Rope Introduction</b></p> <p><b>Lesson Objectives:</b> Students review the National Fitness Test and how it will be administered this year. Students practice the 800m run around the school</p> <p><b>Fitness Components:</b> Endurance Running</p> <p><b>Lesson focus:</b> Jump Rope Skills- Basic Two Bounce Jump &amp; Tricks</p> <p><b>Example Activities:</b> Sit and Reach, Long Jump and warm up games</p>	<p style="text-align: center;"><b>Day 6: Manipulative Games &amp; Jump Rope</b></p> <p><b>Lesson Objectives:</b> Students learn how to play games with implements and using their manipulative skills correctly</p> <p><b>Fitness Components:</b> Jump Rope Basic Skills and High cardiovascular activities.</p> <p><b>Lesson focus:</b> Jump Rope Skills- Basic Two Bounce Jump &amp; Tricks</p> <ul style="list-style-type: none"> <li>-Techniques</li> <li>-Long Rope Introduction</li> </ul> <p><b>Example Activities:</b> Capture the flag, Rugby Tag</p>

## Phys. Ed. Block Plan 2020

### Unit 4: Badminton

**Week 14 – Week 17**

**11/30-12/25**

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

**Phys. Ed. Block Plan 2020**  
**Unit 5: Athletics and Testing**

**Week 18 – Week 21**

**12/28-01/20**

<p style="text-align: center;"><b>Day 1: Health Education Test</b></p> <p><b>Lesson Objectives:</b> In groups, students answer a variety of questions concerning nutrition and the importance of physical activity</p> <p><b>Fitness Components:</b> n/a</p> <p><b>Lesson focus:</b> Multiple Choice Questions on PE related material</p> <p><b>Example Activities:</b> In groups, students answer various PE questions using their chrome books</p> <p><b>Assessment(s): 10% of Final Score</b></p>	<p style="text-align: center;"><b>Day 2: Beep Test</b></p> <p><b>Lesson Objectives:</b> -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><b>Fitness Testing Assessment:</b> Students will run four beep tests in the course of a year and will attempt to outrun their scores to achieve personal goals.</p>
<p style="text-align: center;"><b>Day 3: Athletics and Colours Competition</b></p> <p><b>Lesson Objectives:</b> Students compete in a mini-Olympics representing their team colours.</p> <p><b>Fitness Components:</b> High cardio activities and sports</p> <p><b>Lesson focus:</b> Competition and Game Play in a safe and inclusive setting. Cheerleading and motivation play a big role in these tournaments.</p> <p><b>Example Activities:</b> Closed skill drills -Lead ups and warm ups and overall championships</p>	<p style="text-align: center;"><b>Day 4: Athletics and Colours Competition</b></p> <p><b>Lesson Objectives:</b> Students compete in a mini-Olympics representing their team colours.</p> <p><b>Fitness Components:</b> High cardio activities and sports</p> <p><b>Lesson focus:</b> Competition and Game Play in a safe and inclusive setting. Cheerleading and motivation play a big role in these tournaments.</p> <p><b>Example Activities:</b> Closed skill drills -Lead ups and warm ups and overall championships</p>
<p style="text-align: center;"><b>Day 5: Advanced Game Play</b></p> <p><b>Lesson Objectives:</b> Students will learn various lead up games to help them transition into Grade 5</p> <p><b>Fitness Components:</b> running around the playing area and stretching</p> <p><b>Lesson focus:</b> Specified sports introduced in Grade 5, lead up games to help skill introduction</p> <p><b>Health Education:</b> Sportsmanship- how to win and lose well in sports. How to be a good teammate and what are the goals and lessons learnt through sports. What is spirit and fair play and why is it important?</p>	<p style="text-align: center;"><b>Day 6: Advanced Game Play</b></p> <p><b>Lesson Objectives:</b> Students will learn various lead up games to help them transition into Grade 5</p> <p><b>Fitness Components:</b> running around the playing area and stretching</p> <p><b>Lesson focus:</b> Specified sports introduced in Grade 5, lead up games to help skill introduction</p> <p><b>Health Education:</b> Sportsmanship- how to win and lose well in sports. How to be a good teammate and what are the goals and lessons learnt through sports. What is spirit and fair play and why is it important?</p>