

Phys. Ed. Block Plan 2022 Unit 1: Basic Games & Beep Test	Week 1 – Week 4 02/11-03/04
<p align="center">Day 1: Rules & Signal Formations</p> <p>Lesson Objectives: Students learn expectations of a PE class including; how to enter and exit activity area and start/stop commands.</p> <p>Fitness Components: Endurance</p> <p>Lesson focus: Principles of Communication /Safe Participation in Physical Activity</p> <p>House Rules and Game Play – Colors: A grade level-wide team competition- Teams compete for points throughout the school year to lead their team to victory.</p> <p>Example Activities: PE intro. /Review – Students review rules and regulations.</p>	<p align="center">Day 2: Fitness & High Cardio Activities</p> <p>Lesson Objectives: Students review how to play low-organizational games.</p> <p>Fitness Components: Agility and High Cardio Games</p> <p>Lesson focus: Teamwork, Fairness and Cooperation</p> <p>Example Activities: Activities that recognize the concept of open spaces in a movement context.</p> <p>Color Competition and Games: Competition and Game Play in a safe and inclusive setting. Cheerleading and motivation play a big role in these tournaments.</p>
<p align="center">Day: 3 Beep Test</p> <p>Lesson Objectives: Students evaluate agility with a running test.</p> <p>Students review how to peer-grade the Beep Test for their partner</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 align="center">Day 4: Fitness & High Cardio Activities</p> <p>Lesson Objectives: Students review how to play low-organizational games.</p> <p>Fitness Components: Agility and High Cardio Games</p> <p>Lesson focus: Teamwork, Fairness and Cooperation</p> <p>Example Activities: Activities that recognize the concept of open spaces in a movement context.</p> <p>Color Competition and Games: Competition and Game Play in a safe and inclusive setting. Cheerleading and motivation play a big role in these tournaments.</p>
<p align="center">Day 5: Fitness Testing Introduction</p> <p>Lesson Objectives: Students learn about the National Fitness Testing. Students practice tests and learn about 2nd Semester Fitness Tests for PE</p> <p>Lesson focus: Fitness Components & Concepts</p> <p>Example Activities: Fitness testing – Students help each other practice various fitness tests. Students learn activities that emphasize spatial and body</p>	<p align="center">Day 6: Fitness Testing</p> <p>Lesson Objectives: Students learn about the National Fitness Testing. Students test fitness tests for their 1st improvement score of 2nd Semester</p> <p>Lesson focus: Fitness Components & Concepts</p> <p>Example Activities: Fitness testing – Students help each other practice various fitness tests. Students learn activities that emphasize spatial and body</p>

Phys. Ed. Block Plan 2022 Unit 2: Basketball	Week 5 – Week 8 03/07-04/01
<p align="center">Day 1: Introduction to Dribbling</p> <p>Lesson Objectives: Students learn about the sport of basketball and learn how to travel properly during a basketball game.</p> <p>Fitness Components: Running laps around the gym to music. Students concentrate on pacing and running safely</p> <p>Lesson focus: Correct and safe technique of dribbling</p> <p>Example Activities: Follow the leader and Keep Away</p>	<p align="center">Day 2: Dribbling</p> <p>Lesson Objectives: Students learn how to dribble with control and learn how to pass two-handed passes with a soft ball</p> <p>Fitness Components: Running laps around the gym to music. Students concentrate on pacing and running safely</p> <p>Lesson focus: Dribbling technique and moving down the floor with the ball. Sending and receiving with a partner.</p> <p>Example Activities: Target passing and dribbling relay</p>
<p align="center">Day 3: Passing in Basketball</p> <p>Lesson Objectives: Students review how to use two-hands to throw a chest/bounce pass at a wall or target and then with a partner</p> <p>Fitness Components: Running laps around the gym to music. Students concentrate on pacing and running safely</p> <p>Lesson focus: Correct passing techniques.</p> <p>Example Activities: Dribbling and passing to get to the basket. Shooting with a soft basketball</p>	<p align="center">Day 4: Modified Basketball Shooting</p> <p>Lesson Objectives: Students learn how to shoot a basketball using a soft smaller foam ball. Students learn B.E.E.F principles to help shoot with one hand</p> <p>Fitness Components: - Dribbling Shuttles</p> <p>Lesson focus: Strength and shooting foam balls at the 8ft basketball net. Students learn the concept of Net ball using the foam ball</p> <p>Example Activities: Netball lead up activities – emphasis on passing to open players down the floor</p>
<p align="center">Day 5: Basketball Testing</p> <p>Lesson Objectives: Students are tested on their dribbling and ball handling skills</p> <p>Fitness Components: Basketball shuttle runs and stretching</p> <p>Lesson focus: Testing</p> <p>Example Activities: Net ball Lead-Up Game and Dribbling testing</p> <p>Assessment(s): 25% of Final Score Dribbling and Passing in a closed skill setting</p>	<p align="center">Day 6: Basketball Testing</p> <p>Lesson Objectives: Students are tested on their dribbling and ball handling skills</p> <p>Fitness Components: Basketball shuttle runs and stretching</p> <p>Lesson focus: Testing</p> <p>Example Activities: Net ball Lead-Up Game and Dribbling testing</p> <p>Assessment(s): 25% of Final Score Dribbling and Passing in a closed skill setting</p>

Phys. Ed. Block Plan 2022 Unit 3: Ball Hockey	Week 9 – Week 12 04/06-04/29
<p style="text-align: center;">Day 1: Stick Handling</p> <p>Lesson Objectives: <u>Introduction to Floor Hockey</u> – Brief History, Rules & Regulations and Overview</p> <p>Students learn how to properly grip the hockey stick and how to move with the puck</p> <p>Fitness Components: Students will do shuttle runs while controlling the hockey stick while they run</p> <p>Lesson focus: Stick Handling, puck control and grip</p> <p>Example Activities: Red light Green light -Weave and Shoot & Follow the Leader</p>	<p style="text-align: center;">Day 2: Stick Handling & Passing</p> <p>Lesson Objectives: Students review how to properly grip the hockey stick and how to move with the puck Students learn how to pass the puck to another stationary teammate across the floor</p> <p>Fitness Components: Students will do shuttle runs while controlling the hockey stick while they run</p> <p>Lesson focus: Stick control while passing and receiving by absorbing the puck</p> <p>Example Activities: Musical Pucks Drill - Stationary partner passing Drills</p>
<p style="text-align: center;">Day 3: Passing & Receiving</p> <p>Lesson Objectives: Students review stickhandling and passing to a stationary partner</p> <p>Fitness Components: Introduce Gr. 4 Fitness Testing -Standing Long Jump, Sit and Reach, 800 meter Run</p> <p>Lesson focus: Students practice controlling the puck while passing to a target -absorbing pass with control</p> <p>Example Activities: Accuracy Pass Drill -Wall Passing and Receiving -Stick handling and pass/shot at target drill/relay</p>	<p style="text-align: center;">Day 4: Shooting & Movement with Puck</p> <p>Lesson Objectives: Students learn how to shoot at an empty goal. Students review the proper technique while passing/shooting and how to follow through</p> <p>Fitness Components: Introduce Gr. 4 Fitness Testing -Standing Long Jump, Sit and Reach, 800 meter Run</p> <p>Lesson focus: Students learn how to shoot while standing in front of the goal and learn how to shoot a forehand shot</p> <p>Example Activities: Pass and Shoot Drill Competition</p>
<p style="text-align: center;">Day 6: Formal Game Play</p> <p>Lesson Objectives: Students learn the formal game of lead up modified ball hockey games</p> <p>Fitness Components: Hockey warm ups</p> <p>Lesson focus: Testing ball handling and stick work</p> <p>Example Activities: Ball hockey lead up games and stick handling testing and hockey stances</p> <p>Assessment(s): 25% of Final Score Offensive Gameplay focus on Passing in a closed skill setting</p>	<p style="text-align: center;">Day 6: Formal Game Play</p> <p>Lesson Objectives: Students learn the formal game of lead up modified ball hockey games</p> <p>Fitness Components: Hockey warm ups</p> <p>Lesson focus: Testing ball handling and stick work</p> <p>Example Activities: Ball hockey lead up games and stick handling testing and hockey stances</p> <p>Assessment(s): 25% of Final Score Offensive Gameplay focus on Passing in a closed skill setting</p>

Phys. Ed. Block Plan 2022 Unit 4: 4 Square & Fitness	Week 13 – Week 16 05/02-05/27
<p align="center">Day 1: 4 Square Serve and Hit</p> <p>Lesson Objectives: Students practice the right timing when bouncing and sending a ball to a partner.</p> <p>Fitness Components: Sit ups test #2 – A test of abdominal strength – Students do as many sit ups for one minute while a partner counts their reps</p> <p>Lesson focus: Manipulative skills of 4 square – Introduction of the formal game of 4 square with modifications</p> <p>Example Activities: 1 vs. 1 4 square modified games to practice hitting skills</p>	<p align="center">Day 2: 4 Square Receiving and Timing</p> <p>Lesson Objectives: Students learn the basics of 4 square and strategies while on offense and defense</p> <p>Fitness Components: Warm up high cardio game</p> <p>Lesson focus: Manipulative skills of 4 square – Introduction of the formal game of 4 square with modifications</p> <p>Example Activities: 4 square Manipulative games in 5 groups</p>
<p align="center">Day 3: Formal Game Play</p> <p>Lesson Objectives: Students learn the formal game of 4 square, the rules and regulations and rotations</p> <p>Fitness Components: Fitness Testing and Laps around the gym</p> <p>Lesson focus: Rules and game play</p> <p>Example Activities: 4 Square tournament with teams rotating throughout class</p>	<p align="center">Day 4: Formal Game Play</p> <p>Lesson Objectives: Students learn the formal game of 4 square, the rules and regulations and rotations</p> <p>Fitness Components: Fitness Testing and Laps around the gym</p> <p>Lesson focus: Rules and game play</p> <p>Example Activities: 4 Square tournament with teams rotating throughout class</p>
<p align="center">Day 5: Fitness Testing and L.O.Gs</p> <p>Lesson Objectives: Students practice and test 2nd Semester fitness testing.</p> <p>Fitness Components: Curl ups / Balance Stork Test / Shuttle Runs and Beep Test</p> <p>Lesson focus: Strength/power – Balance/flexibility – agility/endurance</p> <p>Example Activities: Fitness Testing and warm up and low organizational games that focus on high cardio</p> <p>Assessments: A component of the 25% Fitness testing Assessment</p>	<p 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</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> <p>Assessments: A component of the 25% Fitness testing Assessment</p>

Phys. Ed. Block Plan 2022 Unit 5: Testing, Colours & Athletics	Week 17 – Week 21 05/30-06/30
<p align="center">Day 1: Written Test</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: Written Test about PE rules and regulations. Sport related questions</p> <p>Assessment(s): 10% of Final Score</p>	<p align="center">Day 2: Running Technique</p> <p>Lesson Objectives: Students will learn the concept of running correctly and safely.</p> <p>Fitness Components: Jogging Activities, stretching</p> <p>Lesson focus: Aerobic, Body control, technique</p> <p>Example Activities: Stride warm ups -Wind runs -Standing start</p> <p>Assessment(s): Recap running checklist</p>
<p align="center">Day 3: Sprinting</p> <p>Lesson Objectives: Students will learn the correct sprinting technique and sprint a 60m race vs. other students</p> <p>Fitness Components: Jogging warm up, sprints</p> <p>Lesson focus: Anaerobic, technique</p> <p>Example Activities: Stride break down -Single Sprints -Relays -Crouching start</p> <p>Assessment(s): Recap sprinting technique</p>	<p align="center">Day 4: Colours Competition</p> <p>Lesson Objectives: Students compete in a mini-Olympics representing their team colours.</p> <p>Fitness Components: High cardio activities and sports</p> <p>Lesson focus: Competition and Game Play in a safe and inclusive setting. Cheerleading and motivation play a big role in these tournaments.</p> <p>Example Activities: Closed skill drills -Lead ups and warm ups and overall championships</p>
<p align="center">Day 5: Colours Competition</p> <p>Lesson Objectives: Students compete in a mini-Olympics representing their team colours.</p> <p>Fitness Components: High cardio activities and sports</p> <p>Lesson focus: Competition and Game Play in a safe and inclusive setting. Cheerleading and motivation play a big role in these tournaments.</p> <p>Example Activities: Closed skill drills -Lead ups and warm ups and overall championships</p>	<p 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: 5 minute Run</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>