

Phys. Ed. Block Plan 2022 Unit1: 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. Students learn a basic game focusing on spatial awareness & COLOR Comp.</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.</p> <p>Cheerleading and motivation play a big role in these tournaments.</p>
<p 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- (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: Soccer	Week 5 – Week 8 03/07-04/01
<p style="text-align: center;">Day 1: Ball Handling</p> <p>Lesson Objectives: Students review how to dribble a soccer ball while using their dominant and non-dominant foot.</p> <p>Fitness Components: Shuttle Runs</p> <p>Lesson focus: Dribbling/Foot Skills</p> <ul style="list-style-type: none"> •Keep the ball close to your body •Take a touch on the ball with every step •Knees Bent •Head Up •On the balls of your feet <p>Example Activities: 1 vs. 1 Dribbling/Dribbling Within a Grid/Knockout</p>	<p style="text-align: center;">Day 2: Passing and Receiving</p> <p>Lesson Objectives: Students review how to pass and receive a soccer ball.</p> <p>Fitness Components: 3 minute Warm up</p> <p>Lesson focus: Passing/Receiving</p> <ul style="list-style-type: none"> •Ankle locked •Follow through •Knee bent, head up & eye contact •Pass in front of the player you are passing to •Receive by giving in a little •Use inside of the foot <p>Example Activities: Pass Through Cones to Partner/ 3 Person Passing/Monkey in the middle</p>
<p style="text-align: center;">Day 3: Passing and Introduction to Game Play</p> <p>Lesson Objectives: Students continue passing and receiving techniques and learn how to create space.</p> <p>Fitness Components: 3 minute Warm up Students will run around a designated area for 3 minutes.</p> <p>Lesson focus: Creating Space- Students learn the importance of creating space to give more time and understand how to watch the ball.</p> <p>Example Activities: Passing on the move drills, 2 vs. 1 and 3 vs. 2</p>	<p style="text-align: center;">Day 4: Positioning & Shooting</p> <p>Lesson Objectives: Students practice shooting at a goal without a goalie.</p> <p>Fitness Components: They will also participate in game-like situations and drills with the soccer ball that will increase their fitness level.</p> <p>Lesson focus: Positioning and Zone soccer. Students practice staying in their positions while passing and defending up and down the floor.</p> <p>Example Activities: Introduction of skill testing circuit</p>
<p style="text-align: center;">Day 5: Game Play</p> <p>Lesson Objectives: Soccer Game Play and Rules and regulations during a soccer match</p> <p>Fitness Components: Running laps around 2nd F</p> <p>Lesson focus: Rules, penalties, and Game play</p> <p>Example Activities: 3 soccer games</p> <p>Assessment(s): 25% of Final Semester Score (Dribbling and Passing/Receiving with a partner)</p>	<p style="text-align: center;">Day 6: Game Play</p> <p>Lesson Objectives: Soccer Game Play and Rules and regulations during a soccer match</p> <p>Fitness Components: Running laps around 2nd F</p> <p>Lesson focus: Rules, penalties, and Game play</p> <p>Example Activities: 3 soccer games</p> <p>Assessment(s): 25% of Final Semester Score (Dribbling and Passing/Receiving with a partner)</p>

Phys. Ed. Block Plan 2022 Unit 3: Volleyball	Week 9 – Week 12 04/06-04/29
<p align="center">Day 1: Sending and Receiving (Underarm Pass (Bump) & The Set(Volley))</p> <p>Lesson Objectives: Students review how to hit the volleyball individually. Students learn ready position and footwork</p> <p>Fitness Components: Laps around the gym while listening to music</p> <p>Lesson focus: Individual passing techniques with and without the net</p> <p>Example Activities: 4 Square Modification</p>	<p align="center">Day 2: Sending and Receiving Over the Net</p> <p>Lesson Objectives: Students review how to hit the volleyball in a game and how to receive the ball over the net. Students move to open spaces and try to defend their side</p> <p>Fitness Components: Laps around the gym while listening to music</p> <p>Lesson focus: Sending and Receiving in a team setting using the net and rotation rule in Volleyball</p> <p>Example Activities: Team Juggle, Newcombeball , Keep it Up Volleyball</p>
<p align="center">Day 3: Sending and Receiving Over the Net</p> <p>Lesson Objectives: Students review how to hit the volleyball in a game and how to receive the ball over the net. Students move to open spaces and try to defend their side</p> <p>Fitness Components: Laps around the gym while listening to music</p> <p>Lesson focus: Sending and Receiving in a team setting using the net and rotation rule in Volleyball</p> <p>Example Activities: Team Juggle, Newcombeball , Keep it Up Volleyball</p>	<p align="center">Day 4: Serving & Game Play</p> <p>Lesson Objectives: Students learn how to serve and review position numbering on the court and rotation</p> <p>Fitness Components: Laps around the gym</p> <p>Lesson focus: Students learn how to start a game and learn the underhand serve.</p> <p>Example Activities: Serving in a game setting Receiving a serve and movement on the court</p>
<p align="center">Day 5: Game Play & Skill Testing</p> <p>Lesson Objectives: Student's evaluation includes testing of the bump, volley and movement on the court</p> <p>Fitness Components: Quick laps around the gym to warm-up</p> <p>Lesson focus: Skill Testing: 1-The Bump 2- Volley</p> <p>Example Activities: Volleyball Round Robin- 6 vs. 6</p> <p>Assessment(s): 25% of Final Semester Score</p>	<p align="center">Day 6: Game Play & Skill Testing</p> <p>Lesson Objectives: Student's evaluation includes testing of the bump, volley and movement on the court</p> <p>Fitness Components: Quick laps around the gym to warm-up</p> <p>Lesson focus: Skill Testing: 1-The Bump 2- Volley</p> <p>Example Activities: Volleyball Round Robin- 6 vs. 6</p> <p>Assessment(s): 25% of Final Semester Score</p>

Phys. Ed. Block Plan 2022 Unit 4: Fitness & Flag Football	Week 13 – Week 16 05/02-05/27
<p align="center">Day 1 & 2: 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 3: 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>
<p align="center">Day 4: Football Passing and Catching</p> <p>Lesson Objectives: Students practice sending and receiving the football in partners</p> <p>-Students review how to grip the football and the proper way to throw a spiral</p> <p>Fitness Components: Flag Tag Variations</p> <p>Lesson focus: Passing and catching with partners</p> <p>-Students begin playing ultimate with the flags</p> <p>Example Activities: Basic Passing and Catching-Modified Game Play</p>	<p align="center">Day 5: Flag Football Introduction</p> <p>Lesson Objectives: Students review passing and catching and begin learning how to line up on line of scrimmage and introduction to the passing tree</p> <p>Fitness Components: Laps around the 2nd Floor</p> <p>Lesson focus: Positioning- Offensive running patterns and passing/catching</p> <p>-Introduction to plays</p> <p>Example Activities: Quarterback-Receiver passing without Defense -2 vs. 1 Games</p>
<p align="center">Day 6: Offensive and Defensive Line</p> <p>Lesson Objectives: Students review how to line up on the line of scrimmage. Players learn the responsibilities of the defensive line</p> <p>Fitness Components: Warm up activities working on flag pulling and defensive strategies</p> <p>Lesson focus: Line of Scrimmage, Offensive Positioning and Defensive Roles</p> <p>Example Activities: 3 vs. 2 Drills, Flag pulling drills</p>	<p align="center">Day 7: Flag Football Game Play</p> <p>Lesson Objectives: Students learn basic rules and game play involved in flag football</p> <p>Fitness Components: Laps around the 2nd Floor- Students will jog and sprint in intervals</p> <p>Lesson focus: Offensive running patterns and defensive mirroring</p> <p>Example Activities: Quarterback-Receiver passing with Defense</p> <p>-Passing Tree -4 vs. 4 Games</p>

Phys. Ed. Block Plan 2022 Unit 5: Tchoukball and Colours Comp.	Week 17 – Week 21 05/30-06/24
<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: Passing and Catching the Tchoukball</p> <p>Lesson Objectives: Students learn how to play Tchoukball. A cooperative handball game designed to foster teamwork rather than competition.</p> <p>Fitness Components: Students will run around a designated area for 4 minutes.</p> <p>Lesson focus: Passing and Receiving</p> <p>Example Activities: Partner shooting and rebounding -Passing and Catching the Tchoukball</p>
<p align="center">Day 3: Ultimate Tchoukball</p> <p>Lesson Objectives: Students practice and review passing concepts in a game situation</p> <p>Fitness Components: Students will run around a designated area for 4 minutes.</p> <p>Lesson focus: Passing and Receiving in an Ultimate game. Students work together passing the ball down the floor. (Tchoukball rules implemented into the game.)</p> <p>Example Activities: Ultimate Tchoukball</p>	<p align="center">Day 4: Scoring & Positioning</p> <p>Lesson Objectives: Students learn how to play Tchoukball using basic rules and concepts. Students review basic skills in a game situation.</p> <p>Fitness Components: Warm up run around the gym</p> <p>Lesson focus: Offensive and Defensive Strategies -Rules and Regulations -Positioning and Game Play</p> <p>Example Activities: Mini Tchoukball games</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: 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>