| [◄ Jul 2025](#July_2025) | **August 2025** | | | | | [Sep 2025 ►](#September_2025" \o "Jump to Sep 2025) |
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| **Sun** | **Mon** | **Tue** | **Wed** | **Thu** | **Fri** | **Sat** |
| Activation  Focus  Guided  Collab  Independent  Closing |  |  |  |  | 1 | 2 |
| 3  Learning Target  Success Criteria | 4 | 5  First Day of School  Rules & Expectations  Rituals & Routines  **Day 1 – Orientation & Expectations**  **Learning Target**: I can explain the rules, expectations, and routines of PE class and demonstrate respectful and safe behavior in the gymnasium.  **Success Criteria**:   * I can name 3 gym rules. * I can locate the locker room, gym zones, and equipment areas. * I can explain what is expected during warm-ups and transitions.   **Lesson Structure:**   * **Activation**: Bell Ringer: "What are your top 3 expectations for a PE class?" (Write in notebook) * **Focus**: Teacher presentation on:   \*Class rules and procedures  \*Locker room use and safety  \*Daily structure (attendance → warm-up → activity → cooldown → reflection)  \*Behavior expectations (PBIS tie-in)  \*Various locations tour (mini auditorium & classrooms)   * **Collaboration**: Partner walk-n-talk: “Why are routines important in PE?” * **Independent**: Gym walkthrough – students map and label key gym locations in their PE notebook. | 6  Walk (10 min)-new gym??  Rules & Expectations  Rituals & Routines  Syllabus Review  Muscle Vocabulary & Exercise Terminology  **💪 Day 2 – Fitness Walk, Expectations Review & Vocabulary Intro**  **Learning Target**: I can recall class rules and expectations and define key fitness and anatomy terms used in PE.  **Success Criteria**:   * I can earn 80% or better on the rules & expectations review. * I can define major muscle groups and common exercise terminology.   **Lesson Structure:**   * **Activation**: 5-minute group-paced indoor/outdoor walk * **Focus**:   \*Quick review of rules & expectations (teacher-led)  \*Quizziz: “Rules & Routines” interactive quiz (graded or for practice)   * **Collaboration**: Group matching activity with muscle group diagrams and terminology (e.g., “match biceps with curls,” etc.) * **Independent**:   \*PE Notebook: Define 10 muscle groups and 5 exercise terms (F.I.T.T., Reps, Sets, Circuit, Warm-up) | 7  Quiz on Rules, Expectations, & Syllabus  **🧠 Day 3 – Vocabulary Quiz & Movement Stations**  **Learning Target**: I can identify key muscle groups and exercises through physical movement and assessment.  **Success Criteria**:  1.I can demonstrate or explain how different movements activate specific muscle groups.  2.I can earn 80% or better on the vocabulary quiz.  **Lesson Structure:**  **\*Activation**: Quick 2-minute stretch routine (student-led volunteer)  **\*Focus**: Vocabulary Quiz (terms + muscle identification)  **\*Collaboration**: Circuit stations (6 stations – 45 sec each):  1.Push-ups  2.Squats  3.Jumping jacks  4.Plank hold  5.Arm circles  6.Wall sit *(Students annotate in notebook which muscles are being used at each station)*   * **Independent**: Reflection in PE notebook: “Which station challenged you the most and why? | 8  Walk & Free Play  Quiz makeups  **🏃 Day 4 – Fitness Walk & Quiz Make-Ups**  **Learning Target**: I can apply my understanding of physical activity routines and complete all required assessments.  **Success Criteria**:   * I can walk at a consistent pace for 10–15 minutes. * I have completed all missed quizzes and vocabulary assignments.   **Lesson Structure:**   * **Activation**: Group-paced walk or jog (use of pedometer or HR check optional) * **Focus**: Brief review of vocabulary/muscles for those needing reinforcement * **Collaboration**: Peer quiz review in pairs (students quiz each other using index cards or notebook) * **Independent**:   \*Quiz make-ups (Rules or Vocabulary)  \*Optional challenge: Create 5-question quiz for a peer using this week’s content | 9 |
| 10  Learning Target  I can exhibit personal safety during weight training/physical conditioning  Success Criteria  1.I can demonstrate the proper technique for spotting & safe lifting techniques (bicep curls, upright row, deadlift, squats)  -VOCAB QUIZ & REVIEW   **PEHS.3**: Demonstrates competency in a variety of motor skills and movement patterns.   **PEHS.4**: Achieves and maintains a health-enhancing level of physical fitness.   **PEHS.5**: Exhibits responsible personal and social behavior that respects self and others. | 11  **Day 1 – Muscle Review** Part 1  Muscles Covered: Biceps, Deltoids, Pectoralis Major, Triceps, Latissimus Dorsi, Trapezius  Section Activity  **Activation** 3-min dynamic warm-up (arm circles, high knees, torso twists, etc.).  **Focus** Teacher-led review of first 6 muscles: location, function, and related exercises. Use diagrams and skeleton model if available.  **Guided** Teacher models exercises: bicep curls, shoulder press, push-ups, triceps dips, lat pulldowns (or band rows), shrugs. Students follow with light weight/resistance.  **Collaboration** Students in pairs quiz each other on muscle name, location, function using flashcards/diagrams.  Independent Students label first 6 muscles on a blank diagram in their PE notebooks. | 12  **Day 2 – Muscle Review** Part 2  Muscles Covered: Gastrocnemius, Hamstrings, Quadriceps, Abdominals, Obliques, Gluteus Maximus  Section Activity  **Activation** 3-min dynamic leg warm-up (lunges, butt kicks, calf raises etc.).  **Focus** Student-led review of second 6 muscles: location, function, and related exercises.  **Guided** Teacher models exercises: calf raises, hamstring curls (with band or stability ball), squats, plank, side plank, glute bridge.  Collaboration Students create and demonstrate a 3-exercise mini-routine targeting these muscles for their group.  Independent Students label second set of 6 muscles on a diagram and write one exercise per muscle. | 13  **Day 3 – Muscle Identification & Function Assessment**  Section Activity  **Activation** 5-min brisk walk or light jog.  **Focus** Review key points from Days 1–2 using quick-fire Q&A.  **Guided** Teacher clarifies any missed concepts from review questions.  **Collaboration** Students quiz each other one last time before assessment.  Independent Assessment: 12-question diagram labeling & 12-question matching functions to muscles. | 14  **Day 4 – Circuit Training**  Goal: Apply knowledge of muscle function to targeted exercises.  Section Activity  **Activation** 3-min dynamic warm-up targeting all muscle groups.  **Focus** Teacher explains station format, safety, and purpose for each exercise.  **Guided** Demonstrate proper form for each station.  **Collaboration** Students rotate through 8 stations, 45 seconds each, 15 sec rest:  Push-ups (Pectoralis Major, Triceps)  Bicep curls (Biceps)  Squats (Quadriceps, Gluteus Maximus)  Bent-over rows (Latissimus Dorsi, Trapezius)  Calf raises (Gastrocnemius)  Plank (Abdominals)  Side plank (Obliques)  Hamstring curls (Hamstrings) |  | Independent | Students track completed stations and note which muscles were worked in their PE notebooks. | | 15  **Day 5 – Free Play & Makeups**  Section Activity  **Activation** 3-min group stretch.  **Focus** Announce and organize assessment makeups.  **Guided** Teacher facilitates safe use of gym space and equipment.  **Collaboration** Students choose partners or small groups for their preferred physical activity (basketball, volleyball, walking track, badminton, etc.).  Independent Students who missed assessment or activities complete makeups; others track activity choice in notebook. | 16 |
| 17  Learning Target  Success Criteria  Fitnessgram-PRE  **Heart Rate, Target Zones, & Phases of a workout** | 18 | 19 | 20 | 21 | 22 | 23 |
| 24  Learning Target  Success Criteria  Max, Burnout,  FITT principle | 25 | 26 | 27 | 28 | 29 | 30 |
| 31 | Standards: PEWT.1 (a,b,e) : PEWT. 2 (a,b,c,d,h, j): PEWT.4 (a, b,c,d,) PEWT 5 (a,b) | | | | | |

| [◄ Aug 2025](#August_2025) | **September 2025** | | | | | [Oct 2025 ►](#October_2025" \o "Jump to Oct 2025) |
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| **Sun** | **Mon** | **Tue** | **Wed** | **Thu** | **Fri** | **Sat** |
| Activation  Focus  Guided  Collab  Independent  Closing  Learning Target  Success Criteria  Complete makeups, conferences, parent contact, & recognition of those doing well | 1  Labor Day | 2  PowerUp Asynchronous Learning Day | 3 | 4 | 5 | 6 |
| 7  Learning Target  Success Criteria  Fitness Assessments  Unit 2:  SMART goals & fitness plan  -Overload & Progression Principle  -Free Weight Exercises  -Focus on increasing strength | 8 | 9 | 10 | 11 | 12  **Fall Semester Progress Report #1** | 13 |
| 14  Learning Target  Success Criteria  Personal Fitness Plan & chart data/progress  Portfolio Progress | 15 | 16 | 17 | 18 | 19 | 20 |
| 21  Learning Target  Success Criteria  Personal Fitness Plan  Portfolio progress check | 22 | 23 | 24 | 25 | 26 | 27 |
| 28  **Unit 3: start**  Learning Target  Demonstrate proper biomechanics for use of free weights & resistant machines  Success Criteria  Update Fitness Plans | 29 | 30 | Standards: Unit 2: PEWT.1 (a,b,c): PEWT.2. (e,h,i): PEWT 3 (d,g,k,l), PEWT 4 (a,b,c,d) PEWT. 5 (a, b) | | | |

| [◄ Sep 2025](#September_2025) | **October 2025** | | | | | [Nov 2025 ►](#November_2025" \o "Jump to Nov 2025) |
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| Activation  Focus  Guided  Collab  Independent  Closing |  |  | 1 | 2 | 3 | 4 |
| 5  Learning Target  Success Criteria  Max, Burnout, | 6 | 7 | 8 | 9  Student Holiday/Professional Learning Day | 10  PowerUp Asynchronous Learning Day | 11 |
| 12  Learning Target  Success Criteria  Improve Strength & Endurance  (upper & lower body)  Portfolio work & checks | 13  Student/Teacher Fall Break | 14  Student/Teacher Fall Break | 15 | 16 | 17 | 18 |
| 19  Learning Target  Success Criteria  Unit 4: start  -Relationship between physical activity & longevity  -Revamp individualized fitness goal & fitness plan include cardio based strength training | 20 | 21 | 22 | 23 | 24 | 25 |
| 26  Learning Target  Success Criteria  Lift for enjoyment & Personal fitness plan implementation | 27 | 28 | 29 | 30 | 31  **Fall Semester Progress Report #2** | Standards: Unit 3 PEWT.1 (a,b,c): PEWT.2. (e,h,i): PEWT 3 (d,g,k,l), PEWT 4 (a,b,c,d) PEWT. 5 (a, b) |

| [◄ Oct 2025](#October_2025) | **November 2025** | | | | | [Dec 2025 ►](#December_2025" \o "Jump to Dec 2025) |
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| Activation  Focus  Guided  Collab  Independent  Closing |  |  |  |  |  | 1 |
| 2  Learning Target  Success Criteria  Light lift & cardio  Portfolio work with coach | 3 | 4 | 5 | 6 | 7 | 8 |
| 9  Learning Target  Success Criteria  Light lift & cardio, Portfolio work with coach | 10 | 11  Veterans Day Holiday | 12 | 13  Fitness Concepts & Personal Training Log Portfolio  DUE | 14 | 15 |
| 16  Learning Target  Success Criteria  Fitnessgram-POST | 17 | 18 | 19 | 20 | 21 | 22 |
| 23  Learning Target  Success Criteria | 24  Thanksgiving | 25  Thanksgiving | 26  Thanksgiving | 27  Thanksgiving | 28  Thanksgiving | 29 |
| 30 | Standards: Unit 4 : PEWT.1 (a,b,c): PEWT.2. (e,h,i): PEWT 3 (d,g,k,l), PEWT 4 (a,b,c,d) PEWT. 5 (a, b) | | | | | |

| [◄ Nov 2025](#November_2025) | **December 2025** | | | | | [Jan 2026 ►](https://www.wincalendar.com/Holiday-Calendar/January-2026" \o "January 2026) |
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| **Sun** | **Mon** | **Tue** | **Wed** | **Thu** | **Fri** | **Sat** |
| Activation  Focus  Guided  Collab  Independent  Closing  Learning Target  Success Criteria  Makeups | 1 | 2 | 3 | 4 | 5 | 6 |
| 7  Independent weight training for extra credit & makeups | 8 | 9 | 10 | 11 | 12 | 13 |
| 14 | 15  Semester Exams | 16  Semester Exams | 17  Semester Exams | 18  **Semester Exams** | 19  Semester Exams  Early Release | 20 |
| 21 | 22  Christmas Break | 23  Christmas Break | 24  Christmas Break | 25  Christmas Break | 26  Christmas Break | 27 |
| 28 | 29  Christmas Break | 30  Christmas Break | 31  Christmas Break |  | | |