■ July		A	ugust 202	23		September
Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2	3	4	5
6	7 First Day of School Expectations	8 Syllabus	9 Track Walk	10 Warmup & Teams Team Poster	11 Expectations Quiz	12
		4.5	40		40	10
13	setup instructions First Aid -16.4. KIM vocab of terms Do Now: Find your name & what group you are in & complete your warm up activity You have 7 minutes. Classwork 1.Team Assignment following the guidelines of the rubric 5 mins to pick teams Assign roles Team Poster Closing:Round Table (3rd period has to do quiz) Do Now: Find your name & what group	First Aid-16.4 Equipment review & video Coaches' demonstrate, students practice, (I do, we do, you do)- Do Now: Get with your team in your area & complete your warm up activity You have 7 minutes. (Darbee) Classwork 1.Equipment warmup 2. Rec Games roll out from coach & practice-ring toss-corn hole-ping pong Closing: clean up Do Now: Get with your team in your area & complete your warm up activity You have 7 minutes. (Darbee) Classwork 1.Equipment warmup 2. Fitness Assessment 1. max bench press 2. squat burn out with comfortable weight 3. crunches 4. jump rope (stop more than 5 seconds & out) Closing: cool down	16 CPR Do Now: close read information/steps/best Practices Classwork: -Video -teacher model, student practice in groups/pairs (based on resources) Do Now: Get with your team in your area &complete your warm up activity You have 7 minutes. (Darbee) Classwork 1_Equipment warmup 2. Rec Games review (Team activities -ring toss -corn hole -ping pong Closing: clean up Do Now: Get with your team in your area &complete your warm up activity You have 7 minutes. (Darbee) Classwork Circuit 30 secs x 2 1.bicep curls 2. high knees 3. tricep kick backs 4. leg ext. 5. bar frontal lifts 6. dead lifts Closing: cool down	17 CPR & AED Do Now: circle map copy & fill in together as class to review CPR & First Aid Classwork: (I do, we do, you do)teacher model, student practice-adding AED to CPR process/steps Closing: clean up Do Now: Get with your team in your area &complete your warm up activity You have 7 minutes. (Darbee) Classwork Rec Games Tournament Game 1 1 vs. 3 duty 5 OR 2 vs. 4 duty 6 1 vs. 2 duty 3 & Journal 4 & Practice 5 Game 2 3 vs. 5 duty 1 4 vs. 6 duty 2 Game 3 5 vs. 6 duty 3 1 vs. 2 duty 4 Do Now: Get with your team in your area &complete your warm up activity You have 7 minutes. (Darbee) Classwork Circuit 30 secs x 2 1. bicep curls 2. high knees 3. tricep kick backs 4. leg ext. 5. bar frontal lifts 6. dead lifts Closing: cool down	notebook from designated area & complete journal entry regarding recreational games for the week. Classwork: Review, Assessment, Makeup Do Now: Get your notebook from designated area & complete journal entry regarding weight training Classwork: Physical conditioning & weight training complete daily exercises information	19

■ Julv		Α	ugust 202	23			September ▶
	Mon		Wed		Fri		Sat
Sun 20	terms -mental, social, emotional health comparison chart -factors affecting health-hands on skills activity on page 31 -teacher show example/rubric -students complete notebook setup -vocab Closing: remind login Do Now: Get with your team in your area &complete your warm up activity You have 7 minutes. (Darbee) Classwork 1.Fitness gram assessment videos and expectations given 2. Questions answered 3. Free play if time permits Do Now: Get with your team in your area &complete your warm up activity	Tue 22 Health: need to finish CPR & AED from previous week (Thurs) Do Now: Copy KIM chart example Ch.1 -vocab finish Terms: Culture, media, geography, behavioral factors, genetic factors, risk factors, protective factors, optimal health, illness, life expectancy, life span, quality of life, health, well-being, wellness, Closing: Round Table Do Now: Get with your team in your area & complete your warm up activity You have 7 minutes. (Darbee) Classwork 1.Students complete 15m pacer test 2.Coaches record data & put grades in Infinite Campus Closing: cool down Do Now: Get with your team in your area & complete your warm up activity You have 7 minutes. (Darbee) Classwork lower body Circuit 30 secs x 2 1.Leg ext 2. goblet squats 3. calf raises 4. tuck jumps 5. lunges 6. dead lifts Closing: cool down & journal entry		Thu 24 Ch.1 Do Now: Do the best you can if you are not artistically blessed 1.Draw an image/emoji that comes to mind when you hear the following 1.mental health 2.social health 3.emotional health Classwork -factors affecting health-hands on skills activity on page 31 Outline Closing: reminders Do Now: Get with your team in your area &complete your warm up activity You have 7 minutes. (Darbee) Classwork 1.Students complete push ups 2.Coaches record data & put grades in Infinite Campus Closing: cool down Do Now: Get with your team in your area &complete your warm up activity You have 7 minutes. (Darbee) Classwork lower body Circuit 30 secs x 2 1.Leg ext 2. goblet squats 3. calf raises 4. tuck jumps 5. lunges 6. dead lifts Closing: cool down & journal entry	Fri 25 Do Now: Classwork: Bring/get pics -study guide for assessment on Canvas Do Now: NI/A Classwork: -Fitness Gram Makeups -Free play if time permits Do Now: Get your notebook from designated area & complete journal entry regarding weight training Classwork: Physical conditioning & weight training complete daily exercises information & Makeup assignments	26	September Sat

■ July	◄ July August 2023								
Sun	Mon	Tue	Wed	Thu	Fri	Sat			
27	28 Block Schedule A Do Now: Get with your team in your area &complete your warm up activity You have 7 minutes. (Darbee) Classwork 1.Equipment warmup 2. Rec Games review (Team activities -volleyball (bump, set, serve) -Free play once volleyball is done Closing: cool down Final Draft due for	Do Now: Get with your team in your area &complete your warm up activity You have 7 minutes. (Darbee) Classwork 1.Equipment warmup 2. Rec Games review (Team activities -volleyball (bump, set, serve) -Free play once volleyball is done Closing: cool down Final Draft due for	30 Do Now: Get with your team in your area &complete your warm up activity You have 7 minutes. (Darbee) Classwork Volleyball tournament between the classes or teams -Games to 10 Presentations	31 Do Now: Get with your team in your area &complete your warm up activity You have 7 minutes. (Darbee) Classwork -finish tournament & assessment Closing cool down Presentations & Assessment review					
	health	health							

Health Week August 14-18	Rec Games PERG.4The physically	Unit 1: Intro to Weight Training and Lifting Techniques/Safety
Procticing Health Priority Standards HEHS.1 (a, b, e, f, g, h, i, j, m) Supporting Standard HEHS.7 (a, b, c) 6-10 Lessons Big Ideas Students will demonstrate the ability to practice healthenhancing behaviors and avoid or reduce health risks. High school students will model health-enhancing behaviors to prevent injuries, diseases, and disorders. Students will practice strategies for reducing harmful and risk-taking behaviors now and in the future. Key Concepts HEHS7: Self-Management Practicing Safe Behaviors Discuss the benefits of practicing safe behaviors. Practice safe behaviors that reduce the risk of injury or harm. Describe how personal beliefs and values may influence practicing healthy behaviors.	educated student exhibits responsible personal and social behavior that respects self and others in physical activity settings. a. Displays the ability to design rules, procedures, and routines appropriate for the group. b. Demonstrates the ability to apply the rules and etiquette of various physical activities regardless of individual differences. c. Applies safe practices in the physical education setting. d. Describes safety protocol to avoid dehydration, overexertion, and hypo/hyperthermia during physical activity.	PEWT.1 (a, b, e) PEWT.2 (a, b, c, d, h, j) PEWT.4 (a, b, c, d) PEWT.5 (a, b) Proper spotting techniques. Safe lifting techniques. Exhibit personal safety during weight training. Muscle vocabulary Exercise terminology. Follow rules and guidelines in the weightlifting area. Static and dynamic movements.
	Learning Targets:	

1. Students can demonstrate the ability to work in group setting 2. Students can design rules and norms necessary for the physical education setting 3. Student can follow rules, procedures, routines, and expectations for PE setting 4. Students can follow rules, procedures, routines, and expectations for PE setting 4. Students can follow the safety Week August 14-25 Vocabilary Terms Cullue, nedia, geography, behavioral factors, genetic factors, can follow the safety Priority Standards HEIS 1(a. c. d. e. g. h. 1) Supporting Standards HEIS 1(a. c. d. e. g. h. 1) Supporting Standards HEIS 2(a. c. d. e. g. h. 1) Supporting Standards HEIS 3 (a. c. d. e. g. h. 1) Supporting Standards HEIS 1(a. c. d. e. g. h. 1) Supporting Standards HEIS 2 (a. c. d. e. g. h. 1) Supporting Standards HEIS 3 (a. c. d. e. g. h. 1) Supporting Standards HEIS 3 (a. c. d. e. g. h. 1) Supporting Standards HEIS 3 (a. c. d. e. g. h. 1) Supporting Standards HEIS 3 (a. c. d. e. g. h. 1) Supporting Standards HEIS 3 (a. c. d. e. g. h. 1) Supporting Standards HEIS 3 (a. c. d. e. g. h. 1) Supporting Standards HEIS 3 (a. c. d. e. g. h. 1) Supporting Standards HEIS 3 (a. c. d. e. g. h. 1) Supporting Standards HEIS 3 (a. c. d. e. g. h. 1) Supporting Standards HEIS 3 (a. c. d. e. g. h. 1) Supporting Standards HEIS 3 (a. c. d. e. g. h. 1) Subdivinous will develop the method of the subdivinous among youth, including particular while well-and external factors and the subdivinous among youth, including particular while subdivinous the subdivinous the subdiv			
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	September 2023					
Mon	Tue	Wed	Thu	Fri 1 Assessment on Ch.1	Sat 2	
4 Labor Day Holiday	5 Asynchronous	6	7	8	9	
11	12	13	14	15 Progress Report	16	
18 Homecoming	19 Homecoming	20 Homecoming	21 Homecoming	22 Homecoming	23	
25 Block Schedule A	26 Block Schedule B	27	28	29	30	
	4 Labor Day Holiday 11 18 Homecoming	Mon Tue 4 Labor Day Holiday 5 Asynchronous 11 12 18 Homecoming 19 Homecoming	Mon Tue Wed 4 Labor Day Holiday 5 Asynchronous 6 11 12 13 18 Homecoming 19 Homecoming 20 Homecoming	Mon Tue Wed Thu 4 Labor Day Holiday 5 Asynchronous 6 7 11 12 13 14 18 Homecoming 19 Homecoming 20 Homecoming 21 Homecoming	Mon Tue Wed Thu Fri 1 Assessment on Ch.1 4 Labor Day Holiday 5 Asynchronous 6 7 8 11 12 13 14 15 Progress Report 18 Homecoming 19 Homecoming 20 Homecoming 21 Homecoming 22 Homecoming	

September October 2023 Nov							
Sun	Mon	Tue	Wed	Thu	Fri	Sat	
1	2 ASVAB	3	4	5 PL/Student holiday	6 Asynchronous	7	
8	9 Fall Break	10 Fall Break	11	12	13	14	
15	16 PSAT	17 PSAT	18 PSAT	19 PSAT	20 PSAT	21	
22	23 You Sci 10th	24 You Sci 10th	25	26	27 Progress Report 2	28	
29	30	31					

November 2023 December ▶							
Sun	Mon	Tue	Wed	Thu	Fri	Sat	
			1	2	3	4	

November 2023 □ Decemb							
Sun	Mon	Tue	Wed	Thu	Fri	Sat	
5	6	7	8	9	10 Veteran's Day	11	
12	13	14	15	16	17	18	
19	20 Thanksgiving	21 Thanksgiving	22 Thanksgiving	23 Thanksgiving	24 Thanksgiving	25	
26	27	28	29	30			

November December 2023								
Sun	Mon	Tue	Wed	Thu	Fri	Sat		
					1	2		
3	4 Block Schedule A	5 Block Schedule B	6	7	8	9		
10	11	12	13	14 Semester Exams	15 Semester Exams	16		
17	18 Semester Exams	19 Semester Exams Early Release	20	21	22	23		
24	25	26	27	28	29	30		
31		I			1			