| [◄ 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** |
| ActivationFocusGuidedCollabIndependentClosing |  |  |  |  | 1  | 2  |
| 3 Learning Target Success Criteria | 4  | 5 First Day of SchoolRules & ExpectationsRituals & 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 & ExpectationsRituals & RoutinesSyllabus ReviewMuscle 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-ups2.Squats3.Jumping jacks4.Plank hold5.Arm circles6.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 PlayQuiz 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 conditioningSuccess Criteria1.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 1Muscles Covered: Biceps, Deltoids, Pectoralis Major, Triceps, Latissimus Dorsi, TrapeziusSection 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 2Muscles Covered: Gastrocnemius, Hamstrings, Quadriceps, Abdominals, Obliques, Gluteus MaximusSection 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 CriteriaFitnessgram-PRE**Heart Rate, Target Zones, & Phases of a workout** | 18  | 19  | 20  | 21  | 22  | 23  |
| 24 Learning Target Success CriteriaMax, 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) |

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| ActivationFocusGuidedCollabIndependentClosingLearning Target Success CriteriaComplete 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 CriteriaFitness AssessmentsUnit 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 CriteriaPersonal Fitness Plan & chart data/progressPortfolio Progress | 15  | 16  | 17  | 18  | 19  | 20  |
| 21 Learning Target Success CriteriaPersonal Fitness PlanPortfolio progress check | 22  | 23  | 24  | 25  | 26  | 27  |
| 28 **Unit 3: start**Learning Target Demonstrate proper biomechanics for use of free weights & resistant machinesSuccess CriteriaUpdate 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) |

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| ActivationFocusGuidedCollabIndependentClosing |  |  | 1  | 2  | 3  | 4  |
| 5 Learning Target Success CriteriaMax, Burnout,  | 6  | 7  | 8  | 9 Student Holiday/Professional Learning Day | 10 PowerUp Asynchronous Learning Day | 11  |
| 12 Learning Target Success CriteriaImprove 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 CriteriaUnit 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 CriteriaLift 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) |

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| ActivationFocusGuidedCollabIndependentClosing |  |  |  |  |  | 1  |
| 2 Learning Target Success CriteriaLight lift & cardioPortfolio work with coach | 3  | 4  | 5  | 6  | 7  | 8  |
| 9 Learning Target Success CriteriaLight lift & cardio, Portfolio work with coach | 10  | 11 Veterans Day Holiday | 12  | 13 Fitness Concepts & Personal Training Log PortfolioDUE | 14  | 15  |
| 16 Learning Target Success CriteriaFitnessgram-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%22%20%5Co%20%22January%202026) |
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| **Sun** | **Mon** | **Tue** | **Wed** | **Thu** | **Fri** | **Sat** |
| ActivationFocusGuidedCollabIndependentClosingLearning Target Success CriteriaMakeups | 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 ExamsEarly 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 |  |