

9th GRADE P.E. FALL SEMESTER SCHEDULE

WEEK 1 (Introduction to 9th Grade P.E.) (August 29-31)

INTRODUCTION: Seven Questions

- **What are we learning today?** How to have a successful year in this PE class.
- **How will I know I have learned it?** I can discuss what the expectations are for this PE class.

INTRODUCTION: Rituals & Routines

- **What are we learning today?** How this class functions on a daily basis.
- **How will I know I have learned it?** I can discuss the classroom routines for this PE class.

INTRODUCTION: 21st Century Skills & Learning (Tools in Technology) and Lockers

- **What are we learning today?** How to use a variety of technology tools in this PE class.
- **How will I know I have learned it?** I can demonstrate the proper use of technology for this PE class.

WEEK 2 (Fitness Test #1) (September 3-7)

FITNESS TEST: Supine Row

- **What are we learning today?** How to properly do the supine row test and explain its purpose.
- **How will I know I have learned it?** I can demonstrate the proper technique of the supine row. I can describe what health-related fitness component is being assessed by the supine row test. I can describe what muscular endurance is and how to improve it.
- [Quizlet: "Health-Related Fitness Components" – LEARN ACTIVITY \(REQUIRED - DUE BEFORE NEXT WEEK\)](#)

FITNESS TEST: Mile Run

- **What are we learning today?** How to properly do the mile run test and explain its purpose.
- **How will I know I have learned it?** I can demonstrate the proper technique of the mile run. I can describe what health-related fitness component is being assessed by the mile run test. I can describe what cardiovascular endurance is and how to improve it.
- [Quizlet: "Health-Related Fitness Components" – FLASHCARDS \(OPTIONAL – EXTRA CREDIT\)](#)

FITNESS TEST: Push-ups

- **What are we learning today?** How to properly do the push-up test and explain its purpose.
- **How will I know I have learned it?** I can demonstrate the proper technique of a push-up. I can describe what health-related fitness component is being assessed by the push-up test. I can describe what muscular strength is and how to improve it.
- [Quizlet: "Health-Related Fitness Components" – WRITE & SPELL \(OPTIONAL – EXTRA CREDIT\)](#)

FITNESS TEST: Sit-ups

- **What are we learning today?** How to properly do the sit-up test and explain its purpose.
- **How will I know I have learned it?** I can demonstrate the proper technique of a sit-up. I can describe what health-related fitness component is being assessed by the sit-up test. I can describe what muscular endurance is and how to improve it.
- [Quizlet: "Health-Related Fitness Components" – MATCH & GRAVITY \(OPTIONAL – EXTRA CREDIT\)](#)

FITNESS TEST: Sit-&-Reach and Measurements

- **What are we learning today?** How to properly do the sit-&-reach test and explain its purpose.
- **How will I know I have learned it?** I can demonstrate the proper technique of the sit-&-reach. I can describe what health-related fitness component is being assessed by the sit-&-reach test. I can describe what flexibility is and how to improve it. I can describe what body composition is and how to improve it.
- [Quizlet: "Health-Related Fitness Components" – TEST \(OPTIONAL – EXTRA CREDIT\)](#)
- [Online Quiz: "Health-Related Fitness Components" due next Thursday @ 10:00pm](#)

WEEK 3 (Ultimate Frisbee) (September 10-14)

✚ Ultimate Frisbee

- **What are we learning today?** What skills are used in Ultimate Frisbee? What are the rules of Ultimate Frisbee? How can I assess my supine row and push up test results?
- **How will I know I have learned it?** I can discuss the rules & skills used in Ultimate Frisbee. I can assess my supine row and push-up test results and determine my strengths & weaknesses.
- **Quizlet: "Assessing Fitness" – LEARN ACTIVITY (REQUIRED - DUE BEFORE NEXT WEEK)**

✚ Ultimate Frisbee

- **What are we learning today?** What strategies can you use to be more successful in Ultimate Frisbee? How can I assess my mile run test results?
- **How will I know I have learned it?** I can discuss offensive & defensive strategies for Ultimate Frisbee. I can assess my mile run test results and determine my strengths & weaknesses.
- **Quizlet: "Assessing Fitness" – FLASHCARDS (OPTIONAL – EXTRA CREDIT)**

✚ Ultimate Frisbee

- **What are we learning today?** What health-related fitness component(s) and/or skill-related fitness component(s) are being used when playing Ultimate Frisbee? How can I assess my sit-up test results?
- **How will I know I have learned it?** I can describe the health-related fitness component(s) and/or skill-related fitness component(s) I am improving while participating in Ultimate Frisbee. I can assess my sit-up test results and determine my strengths & weaknesses.
- **Quizlet: "Assessing Fitness" – WRITE & SPELL (OPTIONAL – EXTRA CREDIT)**

✚ Ultimate Frisbee

- **What are we learning today?** How can you incorporate other health-related fitness components and/or skill-related fitness components into Ultimate Frisbee? How can I assess my body composition results?
- **How will I know I have learned it?** I can describe how I can improve other health-related components and/or skill-related fitness components while participating in Ultimate Frisbee. I can assess my body composition and determine my strengths & weaknesses.
- **Quizlet: "Assessing Fitness" – MATCH & GRAVITY (OPTIONAL – EXTRA CREDIT)**

✚ Ultimate Frisbee

- **What are we learning today?** Describe some opportunities that are available for you to participate in Ultimate Frisbee beyond high school? How can I assess my sit-&-reach test results?
- **How will I know I have learned it?** I can provide some examples of opportunities to participate in Ultimate Frisbee beyond high school. I can assess my sit-&-reach test results and determine my strengths & weaknesses.
- **Quizlet: "Assessing Fitness" - TEST (OPTIONAL – EXTRA CREDIT)**
- **Online Quiz: "Assessing Fitness" due next Thursday @ 10:00pm**

WEEK 4 (Ultimate Football) (September 17-21)

✚ Ultimate Football

- **What are we learning today?** What skills are used in Ultimate Football? What are the rules of Ultimate Football? How to make a goal specific.
- **How will I know I have learned it?** I can discuss the rules & skills used in Ultimate Football. I can write a specific goal.
- **Quizlet: "S.M.A.R.T. Goals" – LEARN ACTIVITY (REQUIRED - DUE BEFORE NEXT WEEK)**

✚ Ultimate Football

- **What are we learning today?** What strategies can you use to be more successful in Ultimate Football? How to make a goal measurable.
- **How will I know I have learned it?** I can discuss offensive & defensive strategies for Ultimate Football. I can write a measurable goal.
- **Quizlet: "S.M.A.R.T. Goals" – FLASHCARDS (OPTIONAL – EXTRA CREDIT)**

✚ Ultimate Football

- **What are we learning today?** What health-related fitness component(s) and/or skill-related fitness component(s) are being used when playing Ultimate Football? How to make a goal achievable and ambitious.
- **How will I know I have learned it?** I can describe the health-related fitness component(s) and/or skill-related fitness component(s) I am improving while participating in Ultimate Football. I can write an achievable and ambitious goal.
- [Quizlet: "S.M.A.R.T. Goals" – WRITE & SPELL \(OPTIONAL – EXTRA CREDIT\)](#)

✚ Ultimate Football

- **What are we learning today?** How can you incorporate other health-related fitness components and/or skill-related fitness components into Ultimate Football? How to make a goal relevant.
- **How will I know I have learned it?** I can describe how I can improve other health-related components and/or skill-related fitness components while participating in Ultimate Football. I can write a relevant goal.
- [Quizlet: "S.M.A.R.T. Goals" – MATCH & GRAVITY \(OPTIONAL – EXTRA CREDIT\)](#)

✚ Ultimate Football

- **What are we learning today?** Describe some opportunities that are available for you to participate in Ultimate Football beyond high school? How to make a goal timely.
- **How will I know I have learned it?** I can provide some examples of opportunities to participate in Ultimate Football beyond high school. I can write a timely goal.
- [Quizlet: "S.M.A.R.T. Goals" – TEST \(OPTIONAL – EXTRA CREDIT\)](#)
- [Online Quiz: "S.M.A.R.T. Goals" due next Thursday @ 10:00pm](#)

WEEK 5 (Flag Football) (September 24-28)

✚ Flag Football

- **What are we learning today?** What skills are used in Flag Football? What are the rules of Flag Football? What is speed? What is reaction?
- **How will I know I have learned it?** I can discuss the rules & skills used in Flag Football. I can describe what speed and reaction is and how to improve it.
- [Quizlet: "Skill-Related Fitness Components" – LEARN ACTIVITY \(REQUIRED - DUE BEFORE NEXT WEEK\)](#)

✚ Flag Football

- **What are we learning today?** What strategies can you use to be more successful in Flag Football? What is power?
- **How will I know I have learned it?** I can discuss offensive & defensive strategies for Flag Football. I can discuss the rules & skills used in Flag Football. I can describe what power is and how to improve it.
- [Quizlet: "Skill-Related Fitness Components" – FLASHCARDS \(OPTIONAL – EXTRA CREDIT\)](#)

✚ Flag Football

- **What are we learning today?** What health-related fitness component(s) and/or skill-related fitness component(s) are being used when playing Flag Football? What is agility?
- **How will I know I have learned it?** I can describe the health-related fitness component(s) and/or skill-related fitness component(s) I am improving while participating in Flag Football. I can discuss the rules & skills used in Flag Football. I can describe what agility is and how to improve it.
- [Quizlet: "Skill-Related Fitness Components" – WRITE & SPELL \(OPTIONAL – EXTRA CREDIT\)](#)

✚ Flag Football

- **What are we learning today?** How can you incorporate other health-related fitness components and/or skill-related fitness components into Flag Football? What is balance?
- **How will I know I have learned it?** I can describe how I can improve other health-related components and/or skill-related fitness components while participating in Flag Football. I can discuss the rules & skills used in Flag Football. I can describe what balance is and how to improve it.
- [Quizlet: "Skill-Related Fitness Components" – MATCH & GRAVITY \(OPTIONAL – EXTRA CREDIT\)](#)

✚ **Flag Football**

- **What are we learning today?** Describe some opportunities that are available for you to participate in Flag Football beyond high school? What is coordination?
- **How will I know I have learned it?** I can provide some examples of opportunities to participate in Flag Football beyond high school. I can discuss the rules & skills used in Flag Football. I can describe what coordination is and how to improve it.
- [Quizlet: "Skill-Related Fitness Components" - TEST \(OPTIONAL – EXTRA CREDIT\)](#)
- [Online Quiz: "Skill-Related Fitness Components" - due next Thursday @ 10:00pm](#)

WEEK 6 (Soccer) (October 1-5)

✚ **Soccer**

- **What are we learning today?** What skills are used in Soccer? What are the rules of Soccer? What is "frequency" as it relates to the F.I.T.T. principle?
- **How will I know I have learned it?** I can discuss the rules & skills used in Soccer. I can describe what "frequency" is as it relates to the F.I.T.T. principle.
- [Quizlet: "F.I.T.T. Principle" – LEARN ACTIVITY \(REQUIRED - DUE BEFORE NEXT WEEK\)](#)

✚ **Soccer**

- **What are we learning today?** What strategies can you use to be more successful in Soccer? What is "intensity" as it relates to the F.I.T.T. principle?
- **How will I know I have learned it?** I can discuss offensive & defensive strategies for Soccer. I can describe what "intensity" is as it relates to the F.I.T.T. principle.
- [Quizlet: "F.I.T.T. Principle" – FLASHCARDS \(OPTIONAL – EXTRA CREDIT\)](#)

✚ **Soccer**

- **What are we learning today?** What health-related fitness component(s) and/or skill-related fitness component(s) are being used when playing Soccer? What is the Borg Rating of Perceived Exertion?
- **How will I know I have learned it?** I can describe the health-related fitness component(s) and/or skill-related fitness component(s) I am improving while participating in Soccer. I can describe what the Borg Rating of Perceived Exertion is and how to use it.
- [Quizlet: "F.I.T.T. Principle" – WRITE & SPELL \(OPTIONAL – EXTRA CREDIT\)](#)

✚ **Soccer**

- **What are we learning today?** How can you incorporate other health-related fitness components and/or skill-related fitness components into Soccer? What is "time" as it relates to the F.I.T.T. principle?
- **How will I know I have learned it?** I can describe how I can improve other health-related components and/or skill-related fitness components while participating in Soccer. I can describe what "time" is as it relates to the F.I.T.T. principle.
- [Quizlet: "F.I.T.T. Principle" – MATCH & GRAVITY \(OPTIONAL – EXTRA CREDIT\)](#)

✚ **Soccer**

- **What are we learning today?** Describe some opportunities that are available for you to participate in Soccer beyond high school? What is "type" as it relates to the F.I.T.T. principle?
- **How will I know I have learned it?** I can provide some examples of opportunities to participate in Soccer beyond high school. I can describe what "type" is as it relates to the F.I.T.T. principle.
- [Quizlet: - "F.I.T.T. Principle" TEST \(OPTIONAL – EXTRA CREDIT\)](#)
- [Online Quiz: "F.I.T.T. Principle" due next Thursday @ 10:00pm](#)

WEEK 7 (Speedball) (October 8-12)

✚ **Speedball**

- **What are we learning today?** What skills are used in Speedball? What are the rules of Speedball? What is heart rate and how does it work?
- **How will I know I have learned it?** I can discuss the rules & skills used in Speedball. I can explain what heart rate is and how it works.
- [Quizlet: "Healthy Heart" – LEARN ACTIVITY \(REQUIRED - DUE BEFORE NEXT WEEK\)](#)

Speedball

- **What are we learning today?** What strategies can you use to be more successful in Speedball? What is blood pressure and how does it work?
- **How will I know I have learned it?** I can discuss offensive & defensive strategies for Speedball. I can explain what blood pressure is and how it works.
- [Quizlet: "Healthy Heart" – FLASHCARDS \(OPTIONAL – EXTRA CREDIT\)](#)

Speedball

- **What are we learning today?** What health-related fitness component(s) and/or skill-related fitness component(s) are being used when playing Speedball? How to use heart rate in your training.
- **How will I know I have learned it?** I can describe the health-related fitness component(s) and/or skill-related fitness component(s) I am improving while participating in Speedball. I can explain how to use heart rate in my training, utilizing the different training zones.
- [Quizlet: "Healthy Heart" – WRITE & SPELL \(OPTIONAL – EXTRA CREDIT\)](#)

Speedball

- **What are we learning today?** How can you incorporate other health-related fitness components and/or skill-related fitness components into Speedball? How to perform hands-only CPR?
- **How will I know I have learned it?** I can describe how I can improve other health-related components and/or skill-related fitness components while participating in Speedball. I can perform hands-only CPR.
- [Quizlet: "Healthy Heart" – MATCH & GRAVITY \(OPTIONAL – EXTRA CREDIT\)](#)

Speedball

- **What are we learning today?** Describe some opportunities that are available for you to participate in Speedball beyond high school? How to use an AED properly?
- **How will I know I have learned it?** I can provide some examples of opportunities to participate in Speedball beyond high school. I can use an AED properly.
- [Quizlet: "Healthy Heart" – TEST \(OPTIONAL – EXTRA CREDIT\)](#)
- [Online Quiz: "Healthy Heart" due next Thursday @ 10:00pm](#)

WEEK 8 (Softball) (October 15-19)

Softball

- **What are we learning today?** What skills are used in Softball? What are the rules of Softball? How to move more and limit screen time.
- **How will I know I have learned it?** I can discuss the rules & skills used in Softball. I can provide examples of how I can move more and how I can limit my screen time.
- [Quizlet: "Healthy Habits" – LEARN ACTIVITY \(REQUIRED - DUE BEFORE NEXT WEEK\)](#)

Softball

- **What are we learning today?** What strategies can you use to be more successful in Softball? How to incorporate healthy foods and drinks into your life.
- **How will I know I have learned it?** I can discuss offensive & defensive strategies for Softball. I can discuss ways to incorporate healthy foods and drinks into my life.
- [Quizlet: "Healthy Habits" – FLASHCARDS \(OPTIONAL – EXTRA CREDIT\)](#)

Softball

- **What are we learning today?** What health-related fitness component(s) and/or skill-related fitness component(s) are being used when playing Softball? How hydration and dehydration can affect the body.
- **How will I know I have learned it?** I can describe the health-related fitness component(s) and/or skill-related fitness component(s) I am improving while participating in Softball. I can demonstrate how to properly hydrate, preventing dehydration.
- [Quizlet: "Healthy Habits" – WRITE & SPELL \(OPTIONAL – EXTRA CREDIT\)](#)

✚ **Softball**

- **What are we learning today?** How can you incorporate other health-related fitness components and/or skill-related fitness components into Softball? How to incorporate more sleep into your life.
- **How will I know I have learned it?** I can describe how I can improve other health-related components and/or skill-related fitness components while participating in Softball. I can incorporate more sleep into my life.
- [Quizlet: "Healthy Habits" – MATCH & GRAVITY \(OPTIONAL – EXTRA CREDIT\)](#)

✚ **Softball**

- **What are we learning today?** Describe some opportunities that are available for you to participate in Softball beyond high school? How to be positive about food and body image.
- **How will I know I have learned it?** I can provide some examples of opportunities to participate in Softball beyond high school. I can discuss ways to be positive about food and body image.
- [Quizlet: "Healthy Habits" - TEST \(OPTIONAL – EXTRA CREDIT\)](#)
- [Online Quiz: "Healthy Habits" due next Thursday @ 10:00pm](#)

WEEK 9 (Fitness Test #2) (October 22-26)

✚ **FITNESS TEST: Supine Row**

- **What are we learning today?** What are the primary muscles involved in the supine row?
- **How will I know I have learned it?** I can describe what muscles are involved in the supine row.
- [Quizlet: "Fitness Test #2" – LEARN ACTIVITY \(REQUIRED - DUE BEFORE NEXT WEEK\)](#)

✚ **FITNESS TEST: Mile Run**

- **What are we learning today?** Known to many as "*the most important muscle in the body*" what is the muscle that is involved in the mile run?
- **How will I know I have learned it?** I can describe what "*the most important muscle in the body*" is that is involved in the mile run.
- [Quizlet: "Fitness Test #2" – FLASHCARDS \(OPTIONAL – EXTRA CREDIT\)](#)

✚ **FITNESS TEST: Push-ups**

- **What are we learning today?** What are the primary muscles involved in push-ups?
- **How will I know I have learned it?** I can describe what muscles are involved in push-ups.
- [Quizlet: "Fitness Test #2" – WRITE & SPELL \(OPTIONAL – EXTRA CREDIT\)](#)

✚ **FITNESS TEST: Sit-ups**

- **What are we learning today?** What are the primary muscles involved in sit-ups?
- **How will I know I have learned it?** I can describe what muscles are involved in sit-ups.
- [Quizlet: "Fitness Test #2" – MATCH & GRAVITY](#)

✚ **FITNESS TEST: Sit-&-Reach and Measurements**

- **What are we learning today?** What are the primary muscles involved in the sit-&-reach?
- **How will I know I have learned it?** I can describe what muscles are involved in the sit-&-reach.
- [Quizlet: "Fitness Test #2" – TEST \(OPTIONAL – EXTRA CREDIT\)](#)
- [Online Quiz: "Fitness Test #2" due next Thursday @ 10:00pm](#)

WEEK 10 (Floor Hockey) (October 29 – November 2)

✚ **Floor Hockey**

- **What are we learning today?** What skills are used in Floor Hockey? What are the rules of Floor Hockey? What is the importance of body weight and body fat percent?
- **How will I know I have learned it?** I can discuss the rules & skills used in Floor Hockey. I can discuss my ideal weight and what a healthy body fat percent should be.
- [Quizlet: "Maintaining a Healthy Weight" – LEARN ACTIVITY \(REQUIRED - DUE BEFORE NEXT WEEK\)](#)

✚ Floor Hockey

- **What are we learning today?** What strategies can you use to be more successful in Floor Hockey? What are calories?
- **How will I know I have learned it?** I can discuss offensive & defensive strategies for Floor Hockey. I can explain how calories can be used to either gain weight or lose weight.
- **Quizlet:** *"Maintaining a Healthy Weight"* – FLASHCARDS (OPTIONAL – EXTRA CREDIT)

✚ Floor Hockey

- **What are we learning today?** What health-related fitness component(s) and/or skill-related fitness component(s) are being used when playing Floor Hockey? What is BMI?
- **How will I know I have learned it?** I can describe the health-related fitness component(s) and/or skill-related fitness component(s) I am improving while participating in Floor Hockey. I can determine whether I am at a healthy weight based on my BMI.
- **Quizlet:** *"Maintaining a Healthy Weight"* – WRITE & SPELL

✚ Floor Hockey

- **What are we learning today?** How can you incorporate other health-related fitness components and/or skill-related fitness components into Floor Hockey? What are the risks of a sedentary lifestyle?
- **How will I know I have learned it?** I can describe how I can improve other health-related components and/or skill-related fitness components while participating in Floor Hockey. I can identify risks of a sedentary lifestyle.
- **Quizlet:** *"Maintaining a Healthy Weight"* – MATCH & GRAVITY

✚ Floor Hockey

- **What are we learning today?** Describe some opportunities that are available for you to participate in Floor Hockey beyond high school? What conditions are linked to being overweight or obese?
- **How will I know I have learned it?** I can provide some examples of opportunities to participate in Floor Hockey beyond high school. I can identify different conditions that can be linked to being overweight and/or obese.
- **Quizlet:** *"Maintaining a Healthy Weight"* - TEST
- **Online Quiz:** *"Maintaining a Healthy Weight"* due next Thursday @ 10:00pm

WEEK 11 (Team Handball) (November 5-9)

✚ Team Handball

- **What are we learning today?** What skills are used in Team Handball? What are the rules of Team Handball? What are the physical benefits of exercise?
- **How will I know I have learned it?** I can discuss the rules & skills used in Team Handball. I can identify some physical benefits of exercise.
- **Quizlet:** *"Benefits of Exercise"* – LEARN ACTIVITY (REQUIRED - DUE BEFORE NEXT WEEK)

✚ Team Handball

- **What are we learning today?** What strategies can you use to be more successful in Team Handball? What are the mental benefits of exercise?
- **How will I know I have learned it?** I can discuss offensive & defensive strategies for Team Handball. I can identify some mental benefits of exercise.
- **Quizlet:** *"Benefits of Exercise"* – FLASHCARDS (OPTIONAL – EXTRA CREDIT)

✚ Team Handball

- **What are we learning today?** What health-related fitness component(s) and/or skill-related fitness component(s) are being used when playing Team Handball? What chemicals are released by the body during exercise?
- **How will I know I have learned it?** I can describe the health-related fitness component(s) and/or skill-related fitness component(s) I am improving while participating in Team Handball. I can identify some of the different chemicals released by the body during exercise and explain their positive impact on my health.
- **Quizlet:** *"Benefits of Exercise"* – WRITE & SPELL

✚ Team Handball

- **What are we learning today?** How can you incorporate other health-related fitness components and/or skill-related fitness components into Team Handball? What are the social benefits of exercise?
- **How will I know I have learned it?** I can describe how I can improve other health-related components and/or skill-related fitness components while participating in Team Handball. I can identify some social benefits of exercise.
- [Quizlet: "Benefits of Exercise" – MATCH & GRAVITY](#)

✚ Team Handball

- **What are we learning today?** Describe some opportunities that are available for you to participate in Team Handball beyond high school? How are relationships and friendships important?
- **How will I know I have learned it?** I can provide some examples of opportunities to participate in Team Handball beyond high school. I can explain the importance of good relationships and friendships.
- [Quizlet: "Benefits of Exercise" - TEST_\(OPTIONAL – EXTRA CREDIT\)](#)
- [Online Quiz: "Benefits of Exercise" due next Thursday @ 10:00pm](#)

WEEK 12 (Basketball) (November 12-16)

✚ Basketball

- **What are we learning today?** What skills are used in Basketball? What are the rules of Basketball? What is substance abuse?
- **How will I know I have learned it?** I can discuss the rules & skills used in Basketball. I can explain the differences between substance abuse and addiction.
- [Quizlet: "Alcohol, Tobacco, Vaping & Other Drugs" – LEARN ACTIVITY \(REQUIRED - DUE BEFORE NEXT WEEK\)](#)

✚ Basketball

- **What are we learning today?** What strategies can you use to be more successful in Basketball? How can being drug-free benefit you?
- **How will I know I have learned it?** I can discuss offensive & defensive strategies for Basketball. I can discuss the benefits of being drug-free.
- [Quizlet: "Alcohol, Tobacco, Vaping & Other Drugs" – FLASHCARDS \(OPTIONAL – EXTRA CREDIT\)](#)

✚ Basketball

- **What are we learning today?** What health-related fitness component(s) and/or skill-related fitness component(s) are being used when playing Basketball?
- **How will I know I have learned it?** I can describe the health-related fitness component(s) and/or skill-related fitness component(s) I am improving while participating in Basketball. I can list some of the dangers of alcohol, tobacco, vaping and other drugs.
- [Quizlet: "Alcohol, Tobacco, Vaping & Other Drugs" – WRITE & SPELL \(OPTIONAL – EXTRA CREDIT\)](#)

✚ Basketball

- **What are we learning today?** How can you incorporate other health-related fitness components and/or skill-related fitness components into Basketball? How is drug dependence harmful to teens?
- **How will I know I have learned it?** I can describe how I can improve other health-related components and/or skill-related fitness components while participating in Basketball. I can explain how drug dependence works.
- [Quizlet: "Alcohol, Tobacco, Vaping & Other Drugs" – MATCH & GRAVITY \(OPTIONAL – EXTRA CREDIT\)](#)

✚ Basketball

- **What are we learning today?** Describe some opportunities that are available for you to participate Basketball beyond high school? What are performance-enhancing drugs (PED's)?
- **How will I know I have learned it?** I can provide some examples of opportunities to participate in Basketball beyond high school. I can list some of the dangers of performance-enhancing drugs (PED's).
- [Quizlet: "Alcohol, Tobacco, Vaping & Other Drugs" - TEST_\(OPTIONAL – EXTRA CREDIT\)](#)
- [Online Quiz: "Alcohol, Tobacco, Vaping & Other Drugs" due next Thursday @ 10:00pm](#)

WEEK 13 (Volleyball) (November 26-30)

✚ Volleyball

- **What are we learning today?** What skills are used in Volleyball? What are the rules of Volleyball? What is Peer Pressure?
- **How will I know I have learned it?** I can discuss the rules & skills used in Volleyball. I can identify the different types of peer pressure and how they can influence me.
- **Quizlet: "Peer Pressure" – LEARN ACTIVITY (REQUIRED - DUE BEFORE NEXT WEEK)**

✚ Volleyball

- **What are we learning today?** What strategies can you use to be more successful in Volleyball? What is positive and negative peer pressure?
- **How will I know I have learned it?** I can discuss offensive & defensive strategies for Volleyball. I can differentiate between positive and negative peer pressure.
- **Quizlet: "Peer Pressure" – FLASHCARDS (OPTIONAL – EXTRA CREDIT)**

✚ Volleyball

- **What are we learning today?** What health-related fitness component(s) and/or skill-related fitness component(s) are being used when playing Volleyball? What refusal skills are available for me?
- **How will I know I have learned it?** I can describe the health-related fitness component(s) and/or skill-related fitness component(s) I am improving while participating in Volleyball. I can identify some refusal skills that may be useful for me.
- **Quizlet: "Peer Pressure" – WRITE & SPELL (OPTIONAL – EXTRA CREDIT)**

✚ Volleyball

- **What are we learning today?** How can you incorporate other health-related fitness components and/or skill-related fitness components into Volleyball? What does it mean to be assertive?
- **How will I know I have learned it?** I can describe how I can improve other health-related components and/or skill-related fitness components while participating in Volleyball. I can describe what it means to be assertive.
- **Quizlet: "Peer Pressure" – MATCH & GRAVITY (OPTIONAL – EXTRA CREDIT)**

✚ Volleyball

- **What are we learning today?** Describe some opportunities that are available for you to participate in Volleyball beyond high school? How to make good decisions?
- **How will I know I have learned it?** I can provide some examples of opportunities to participate in Volleyball beyond high school. I can use the decision-making process to help me make the best decision for me.
- **Quizlet: "Peer Pressure" - TEST (OPTIONAL – EXTRA CREDIT)**
- **Online Quiz: "Peer Pressure" due next Thursday @ 10:00pm**

WEEK 14 (Nitro Ball) (December 3-7)

✚ Nitro Ball

- **What are we learning today?** What skills are used in Nitro Ball? What are the rules of Nitro Ball? How physical activities you enjoy can help you with your fitness plan.
- **How will I know I have learned it?** I can discuss the rules & skills used in Nitro Ball. I can identify five physical activities that I enjoy.
- **Quizlet: "Creating a Personal Fitness Plan" – LEARN ACTIVITY (REQUIRED - DUE BEFORE NEXT WEEK)**

✚ Nitro Ball

- **What are we learning today?** What strategies can you use to be more successful in Nitro Ball? How the fitness- or sports-related equipment or resources available to you can help you with your fitness plan.
- **How will I know I have learned it?** I can discuss offensive & defensive strategies for Nitro Ball. I can compare my list of fitness- or sports-related equipment or resources with my list of enjoyable activities and connect them for potential matches.
- **Quizlet: "Creating a Personal Fitness Plan" – FLASHCARDS (OPTIONAL – EXTRA CREDIT)**

Nitro Ball

- **What are we learning today?** What health-related fitness component(s) and/or skill-related fitness component(s) are being used when playing Nitro Ball? What would you like to accomplish in terms of your physical fitness?
- **How will I know I have learned it?** I can describe the health-related fitness component(s) and/or skill-related fitness component(s) I am improving while participating in Nitro Ball. I can identify three things that I would like to accomplish in terms of my physical fitness.
- [Quizlet: "Creating a Personal Fitness Plan" – WRITE & SPELL \(OPTIONAL – EXTRA CREDIT\)](#)

Nitro Ball

- **What are we learning today?** How can you incorporate other health-related fitness components and/or skill-related fitness components into Nitro Ball? How can you address all aspects of fitness (cardiorespiratory endurance, muscular endurance, muscular strength, flexibility & body composition) to develop your fitness plan?
- **How will I know I have learned it?** I can describe how I can improve other health-related components and/or skill-related fitness components while participating in Nitro Ball. I can address all aspects of fitness (cardiorespiratory endurance, muscular endurance, muscular strength, flexibility and body composition) to develop my fitness plan.
- [Quizlet: "Creating a Personal Fitness Plan" – MATCH & GRAVITY \(OPTIONAL – EXTRA CREDIT\)](#)

Nitro Ball

- **What are we learning today?** Describe some opportunities that are available for you to participate in Nitro Ball beyond high school? How can you address all aspects of the F.I.T.T. principle to develop your fitness plan?
- **How will I know I have learned it?** I can provide some examples of opportunities to participate in Nitro Ball beyond high school. I can address all aspects of the F.I.T.T. principle to develop my fitness plan.
- [Quizlet: "Creating a Personal Fitness Plan" – TEST \(OPTIONAL – EXTRA CREDIT\)](#)

WEEK 15 (Pickleball) (December 10-14)

Pickleball

- **What are we learning today?** What skills are used in Pickleball? What are the rules of Pickleball? How can you add each particular fitness component in your daily schedule?
- **How will I know I have learned it?** I can discuss the rules & skills used in Pickleball. I can make physical fitness a priority in my daily scheduling by adding each particular fitness component into my daily schedule, just as I would any other appointment.
- [Quizlet: "Creating a Personal Fitness Plan" – LEARN ACTIVITY \(REQUIRED - DUE BEFORE NEXT WEEK\)](#)

Pickleball

- **What are we learning today?** What strategies can you use to be more successful in Pickleball? What tools are available to assist you with your fitness plan?
- **How will I know I have learned it?** I can discuss offensive & defensive strategies for Pickleball. I can identify tools which can assist me with my fitness plan.
- [Quizlet: "Creating a Personal Fitness Plan" – FLASHCARDS \(OPTIONAL – EXTRA CREDIT\)](#)

Pickleball

- **What are we learning today?** What health-related fitness component(s) and/or skill-related fitness component(s) are being used when playing Pickleball? How can you prepare for unforeseen circumstances that may affect your fitness plan?
- **How will I know I have learned it?** I can describe the health-related fitness component(s) and/or skill-related fitness component(s) I am improving while participating in Pickleball. I can plan for obstacles that may interfere with my fitness plan and identify alternatives.
- [Quizlet: "Creating a Personal Fitness Plan" – WRITE & SPELL \(OPTIONAL – EXTRA CREDIT\)](#)

Pickleball

- **What are we learning today?** How can you incorporate other health-related fitness components and/or skill-related fitness components into Pickleball? How can you "take action" and get started with your fitness plan?
- **How will I know I have learned it?** I can describe how I can improve other health-related components and/or skill-related fitness components while participating in Pickleball. I can "take action" and follow through with the plan I set for myself.
- [Quizlet: "Creating a Personal Fitness Plan" – MATCH & GRAVITY \(OPTIONAL – EXTRA CREDIT\)](#)

✚ Pickleball

- **What are we learning today?** Describe some opportunities that are available for you to participate in Pickleball beyond high school? How can you effectively reevaluate your fitness plan on a regular basis?
- **How will I know I have learned it?** I can provide some examples of opportunities to participate in Pickleball beyond high school. I can effectively reevaluate my fitness plan on a regular basis and make changes if needed.
- [Quizlet: "Creating a Personal Fitness Plan" - TEST \(OPTIONAL – EXTRA CREDIT\)](#)
- [Online Quiz: "Creating a Personal Fitness Plan" due next Thursday @ 10:00pm](#)

WEEK 16 (Fitness Test #3) (December 17-21)

✚ FITNESS TEST: Supine Row

- **What are we learning today?** What are some benefits of training for the supine row?
- **How will I know I have learned it?** I can describe some benefits of training for the supine row?
- [Quizlet: "Fitness Test #3" – LEARN ACTIVITY \(REQUIRED - DUE BEFORE NEXT WEEK\)](#)

✚ FITNESS TEST: Mile Run

- **What are we learning today?** What are some benefits of training for the mile run?
- **How will I know I have learned it?** I can describe some benefits of training for the mile run?
- [Quizlet: "Fitness Test #3" – FLASHCARDS \(OPTIONAL – EXTRA CREDIT\)](#)

✚ FITNESS TEST: Push-ups

- **What are we learning today?** What are some benefits of training for the push-ups test?
- **How will I know I have learned it?** I can describe some benefits of training for the push-up test.
- [Quizlet: "Fitness Test #3" – WRITE & SPELL \(OPTIONAL – EXTRA CREDIT\)](#)

✚ FITNESS TEST: Sit-ups

- **What are we learning today?** What are some benefits of training for the sit-ups test?
- **How will I know I have learned it?** I can describe some benefits of training for the sit-ups test?
- [Quizlet: "Fitness Test #3" – MATCH & GRAVITY \(OPTIONAL – EXTRA CREDIT\)](#)

✚ FITNESS TEST: Sit-&-Reach and Measurements

- **What are we learning today?** What are some benefits of training for the sit-&-reach?
- **How will I know I have learned it?** I can describe some benefits of training for the sit-&-reach test.
- [Quizlet: "Fitness Test #3" – TEST \(OPTIONAL – EXTRA CREDIT\)](#)
- [Online Quiz: "Fitness Test #3" due Thursday- January 10 @ 10:00pm](#)

WEEK 17 (Badminton) (January 7-11)

✚ Badminton

- **What are we learning today?** What skills are used in Badminton? What are the rules of Badminton? What are some signs & symptoms of sudden illnesses such as asthma, allergic reactions, diabetic emergencies, seizures, fainting and strokes?
- **How will I know I have learned it?** I can discuss the rules & skills used in Badminton. I can identify some signs & symptoms of sudden illnesses such as asthma, allergic reactions, diabetic emergencies, seizures, fainting and strokes and provide some basic first aid and/or get help.
- [Quizlet: "First Aid & Safety" – LEARN ACTIVITY \(REQUIRED - DUE BEFORE NEXT WEEK\)](#)

✚ Badminton

- **What are we learning today?** What strategies can you use to be more successful in Badminton? What are some traumatic injuries that you may encounter?
- **How will I know I have learned it?** I can discuss offensive & defensive strategies for Badminton. I can identify some of the most common traumatic injuries.
- [Quizlet: "First Aid & Safety" – FLASHCARDS \(OPTIONAL – EXTRA CREDIT\)](#)

✚ Badminton

- **What are we learning today?** What health-related fitness component(s) and/or skill-related fitness component(s) are being used when playing Badminton? How can you treat a person with a traumatic injury?
- **How will I know I have learned it?** I can describe the health-related fitness component(s) and/or skill-related fitness component(s) I am improving while participating in Badminton. I can provide some basic first aid and/or get help for a person with a traumatic injury.
- **Quizlet: "First Aid & Safety" – WRITE & SPELL (OPTIONAL – EXTRA CREDIT)**

✚ Badminton

- **What are we learning today?** How can you incorporate other health-related fitness components and/or skill-related fitness components into Badminton? What are some environmental injuries & illnesses that you may encounter?
- **How will I know I have learned it?** I can describe how I can improve other health-related components and/or skill-related fitness components while participating in Badminton. I can identify some of the most common environmental injuries & illnesses.
- **Quizlet: "First Aid & Safety" – MATCH & GRAVITY (OPTIONAL – EXTRA CREDIT)**

✚ Badminton

- **What are we learning today?** Describe some opportunities that are available for you to participate in Badminton beyond high school? How can you treat a person with an environmental injury and/or illness?
- **How will I know I have learned it?** I can provide some examples of opportunities to participate in Badminton beyond high school. I can provide some basic first aid and/or get help for a person with an environmental injury and/or illness.
- **Quizlet: "First Aid & Safety" - TEST (OPTIONAL – EXTRA CREDIT)**
- **Online Quiz: "First Aid & Safety" due next Thursday @ 10:00pm**

WEEK 18 (Final Exam) (January 14-17)

✚ GAME DAY / REVIEW DAY / MAKE-UP DAY

✚ FINAL EXAM – PERIODS 3-6-4

✚ FINAL EXAM – PERIODS 1-2-5

✚ FINAL EXAM – PERIODS 7-8

Schedule subject to change due to any unforeseen circumstances! For more information and the most up-to-date schedule go to my webpage located at: www.CoachHendry.com