

Dates	9 WEEKS				K-5th	Wellness Topics	6th	Health Topics Sheets
	Period	Week	Total number of days in the week	Total Days in Period				
Aug. 14-18	1st Nine Weeks	Week 1	5		BOY Cooperation (Practicing Processes, Protocols, and Expectations)	SELF CARE: Emotions, Zones of Regulation, Self Management Strategies COMPONENTS OF HEALTH RELATED FITNESS: Cardio System, Muscular Strength and Endurance, Flexibility COMPONENTS OF SKILL RELATED FITNESS: Power, Coordination, Agility, Reaction Time, Speed, Balance	BOY Cooperation (Practicing Processes, Protocols, and Expectations)	Setting Personal Physical Boundaries, Personal Hygiene, Personal Habits, Static vs. Dynamic Stretching, FITT Principle & Goal Setting, Cultural Proficiency, Hands Only CPR
Aug. 21-25		Week 2	5					
Aug. 28-Sept. 1		Week 3	5					
Sept. 4-8		Week 4	4		Throwing and Catching			
Sept. 11-15		Week 5	5					
Sept. 18-22		Week 6	5					
Sept. 25-Sept. 29		Week 7	4					
Oct. 2-6		Week 8	5					
Oct. 9-13		Week 9	4	42				
Oct. 16-20	2nd Nine Weeks	Week 10	5		Throwing and Catching Games	SKELETAL SYSTEM: Bone Information, Bone Identification, Bone Location NUTRITION: Food Groups, Nutrients, GO, SLOW, WHOA foods, MyPlate NUTRITION: Hydration SELF CARE: Teeth, Body Odor, Hand Washing, Bathing	Throwing and Catching Games	Soreness vs. Injury, Target Heart Rate, Health Related Fitness: Cardio, MSME, Flexibility Fitness, Skill Related Fitness: Agility, Balance, Speed, Reaction Time, Power, Coordination, Tobacco/Vaping/Marijuana, Alcohol & Binge Drinking, Emotions & Anger Management
Oct. 23-27		Week 11	5		Hand Dribble		Basketball	
Oct. 30-Nov. 3		Week 12	5		Jump Rope/Rhythms		Jump Rope/Dance	
Nov. 6-10		Week 13	5					
Nov. 13-17		Week 14	4					
Nov. 27-Dec. 1		Week 15	5		Seasonal Games		Seasonal Games	
Dec. 4-8		Week 16	5					
Dec. 11-15		Week 17	5					
Dec. 18-20		Week 18	3	42				
Jan. 8-12	3rd Nine Weeks	Week 19	4		BOY Gymnastics/Parkour	MUSCULAR SYSTEM: Muscle Information, Muscle Identification, Muscle Location, Muscle Stretches SELF CARE: Sleep SELF CARE: Stress Management	BOY Gymnastics/Parkour	Conflict Resolution & Self-Management, Sportsmanship, Bullying & Cyberbullying, Stress & Stress Management, Food Labels, Hydration, Sugary & Energy Drinks, Self Esteem & Media Influence
Jan. 15-19		Week 20	4					
Jan. 22-26		Week 21	5					
Jan. 29-Feb. 2		Week 22	5		Volley		Volleyball	
Feb. 5-9		Week 23	4					
Feb. 12-16		Week 24	5					
Feb. 19-23		Week 25	4		Outdoor Recreation		Outdoor Recreation	
Feb. 26-Mar. 1		Week 26	5					
Mar. 4-8		Week 27	5		Striking and Fitnessgram		Striking and Fitnessgram	
Mar. 18-22	Week 28	5	46					
Mar. 25-29	Week 29	4						
Apr. 1-5	4th Nine Weeks	Week 30	5		Foot Dribble and Fitnessgram	Soccer and Fitnessgram		
Apr. 8-12		Week 31	4					
Apr. 15-19		Week 32	4		SAFETY: Clothing, Equipment SAFETY: Environmental- Water, Sun, Pedestrian	Field Days		
April 22-26		Week 33	5					
Apr. 29-May 3		Week 34	5					
May 6-10		Week 35	5					
May 13-17		Week 36	5					
May 20-24		Week 37	4	41				