

Dates	9 WEEKS				Functional Fitness	6th Grade PE	7th Grade PE	8th Grade PE	Lifetime Fitness & Wellness	Lifetime Sport and Fitness	Outdoor Adventure
	Period	Week	Days	Total Days in Period							
Aug. 14-18	1st Nine Weeks	Week 1	5		BOY		BOY	BOY	BOY	BOY	BOY
Aug. 21-25		Week 2	5		BOY		BOY	BOY	BOY	BOY	BOY
Aug. 28-Sept. 1		Week 3	5		BOY Activities		Spikeball	Volleyball	BOY	BOY	BOY
Sept. 4-8		Week 4	4		BOY Activities		Spikeball	Volleyball	Lesson1: Health and Wellness Lesson2: What is Fitness?	BOY Activities	BOY Activities
Sept. 11-15		Week 5	5		Lessons 1-2		Ultimate	LaCrosse	Lesson3: Health-Related Fitness Components Lesson 4: Cardiorespiratory System	Innovative/International Activities	Angler Ed
Sept. 18-22		Week 6	5		Lessons 3-4		Ultimate	LaCrosse	Lesson 5: CPR Lesson6: Muscular System	Striking/Fielding Activities	Angler Ed
Sept. 25-29		Week 7	4		Lessons 5-6		Team Handball	Basketball	Lesson7: Warm-Ups and Cool Downs Lesson 8: Types of Training	Target Activities	Angler Ed
Oct. 2-6		Week 8	5		Lessons 7-8		Team Handball	Basketball	Lesson 9: Goal Setting	Rhythmic Activities: Jump Rope	Angler Ed
Oct. 9-13		Week 9	4	42	Lessons 9-10		Jump Rope	Jump Rope	Review & Catch Up Health Topic Check	Fitness Activities	CPR
Oct. 16-20	2nd Nine Weeks	Week 10	5		Lessons 11-12		Jump Rope/Dance	Jump Rope/Dance	Lesson 10: Physical Literacy Lesson 11: FITT Principle	Fitness Activities	Challenge Course (1&2)
Oct. 23-27		Week 11	5		Lessons 13-14		Dance	Dance	Lesson 12: Target Heart Rate Lesson 13: Nutrition/Hydration	Fitness Activities	Orienteering
Oct. 30-Nov. 3		Week 12	5		Lessons 15-16		Tennis	Badminton	Lesson 14: Skeletal System Lesson 15: Nutrition	Innovative/International Activities	Orienteering
Nov. 6-10		Week 13	5		Lessons 17-18		Tennis	Badminton	Lesson 16: Pilates and Pilates Activities	Striking/Fielding Activities	Challenge Course (3&4)
Nov. 13-17		Week 14	4		Lessons 19-20		Soccer	Soccer	Lesson 17: Interval & HIIT Training and Interval and HIIT Activities	Target Activities	Backpacking
Nov. 27-Dec. 1		Week 15	5		Lessons 21-22		Soccer	Soccer	Lesson 18: Resistance Training and Resistance Activities	Rhythmic Activities	Backpacking
Dec. 4-8		Week 16	5		Lessons 23-24		Outdoor Ed (Spikeball, Cornhole, Bocce, Horseshoes)	Outdoor Ed (Spikeball, Cornhole, Bocce, Horseshoes)	Lesson 19: Plyometrics and Plyometrics Activities	Fitness Activities	Backpacking
Dec. 11-15		Week 17	5		Lessons 25-26		Outdoor Ed (Spikeball, Cornhole, Bocce, Horseshoes)	Outdoor Ed (Spikeball, Cornhole, Bocce, Horseshoes)	Lesson 20: Circuit Training and Circuit Training Activities	Fitness Activities	Backpacking
Dec. 18-20		Week 18	3	43	Winter Games		Fitnessgram	Fitnessgram	Review & Catch Up Health Topic Check	Fitness Activities	BOY
Jan. 8-12	3rd Nine Weeks	Week 19	4			BOY	BOY	BOY	Lesson 21: Skill Related Fitness Components & Agility	Innovative/International Activities	Challenge Course (5&6)
Jan. 15-19		Week 20	4		Cooperative Games	Cooperative Games	Cooperative Games	Cooperative Games	Skill Related Fitness Components: Balance & Coordination	Innovative/International Activities	Slingshot
Jan. 22-26		Week 21	5		Volleyball	Volleyball	Spikeball	Volleyball	Skill Related Fitness Components: Power & Reaction Time	Striking/Fielding Activities	Slingshot
Jan. 29-Feb. 2		Week 22	5		Volleyball	Volleyball	Spikeball	Volleyball	Skill Related Fitness Components: Speed & Review	Striking/Fielding Activities	Challenge Course (7&8)
Feb. 5-9		Week 23	4		Floorball	Ultimate	LaCrosse	LaCrosse	Lesson 22: The Digestive System Lesson 23 Nutrition Myths Lesson 24 Nutrition as Fuel	Target Activities	Archery
Feb. 12-16		Week 24	5		Floorball	Ultimate	LaCrosse	LaCrosse	Lesson 25: Heart Rate Lesson 26: MVPA	Target Activities	Archery
Feb. 19-23		Week 25	4		Basketball	Team Handball	Basketball	Basketball	Lesson 27: Heart Rate Monitors Teacher Led Circuits	Rhythmic Activities	Archery
Feb. 26-Mar. 1		Week 26	5		Basketball	Team Handball	Basketball	Basketball	Analyzing the Circuits HRM Circuit Creation	Rhythmic Activities	Archery
Mar. 4-8		Week 27	5	42	Jump Rope	Jump Rope	Jump Rope	Jump Rope	HRM Circuit Creation Lesson 28: Principle of Training	Fitness Activities	Challenge Course (9&10)
Mar. 18-22	4th Nine Weeks	Week 28	5		Jump Rope	Jump Rope	Jump Rope	Workout Activities with HRM	Fitness Activities	Paddle Sports	
Mar. 25-29		Week 29	4		Dance	Dance	Dance	Dance	Lesson 29: Exercise Form Workout Activities with HRM	Fitness Activities	Paddle Sports
Apr. 1-5		Week 30	5		Fitnessgram	Fitnessgram	Fitnessgram	Fitnessgram	Fitnessgram Career Connections Activity	Fitnessgram	Fitnessgram
Apr. 8-12		Week 31	4		Fitnessgram	Fitnessgram	Fitnessgram	Fitnessgram	Fitnessgram Career Connections Activity	Fitnessgram	Fitnessgram
Apr. 15-19		Week 32	5		Pickleball	Tennis	Badminton	Badminton	Lesson 31: Using a Gym 101 Lesson 32: Using Gym Equipment	Innovative/International Activities	Survival Skills

	4th								Lesson 33: Environmental Safety Lesson 34: Fitness Consumer Safety	Striking/Fielding Activities	Survival Skills
April 22-26		Week 33	5			Pickleball	Tennis	Badminton	Personal Workout Creation with Heart Rate Monitors	Target Activities	Survival Skills
Apr. 29-May 3		Week 34	5			Soccer	Soccer	Soccer	Personal Workout Creation with Heart Rate Monitors	Rhythmic Activities	Camping & Camp Cooking
May 6-10		Week 35	5			Soccer	Soccer	Soccer	Review	Fitness Activities	Camping & Camp Cooking
May 13-17		Week 36	5			Outdoor Ed (Spikeball, Cornhole, Bocce, Horseshoes)	Outdoor Ed (Spikeball, Cornhole, Bocce, Horseshoes)	Outdoor Ed (Spikeball, Cornhole, Bocce, Horseshoes)	Review	Review	Review
May 20-23	Week 37	4	47		Outdoor Ed (Spikeball, Cornhole, Bocce, Horseshoes)	Outdoor Ed (Spikeball, Cornhole, Bocce, Horseshoes)	Outdoor Ed (Spikeball, Cornhole, Bocce, Horseshoes)	Review	Review	Review	