		9 W	EEKS								
				Total Days in					Lifetime Fitness &	Lifetime Sport and	
Dates	Period	Week 1	Days 5	Period	Functional Fitness BOY	6th Grade PE	7th Grade PE BOY	8th Grade PE BOY	Wellness BOY	Fitness BOY	Outdoor Adventure BOY
Aug. 14-18 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
									Lesson1: Health and Wellness		
									Lesson2: What is		
Sept. 4-8		Week 4	4		BOY Activities		Spikeball	Volleyball	Fitness? Lesson3: Health-	BOY Activities	BOY Activities
									Related Fitness		
	ks								Components		
	Veel								Lesson 4:		
Sept. 11-15	1st Nine Weeks	Week 5	5		Lessons 1-2		Ultimate	LaCrosse	Cardiorespiratory System	Innovative/Internationa I Activities	Angler Ed
2007									Lesson 5: CPR		
	ä		_						Lesson6: Muscular	Striking/Fielding	
Sept. 18-22		Week 6	5		Lessons 3-4		Ultimate	LaCrosse	System Lesson7: Warm-Ups	Activities	Angler Ed
									and Cool Downs		
6 . 25 20		March 7					Taran Handhall	De alcada all	Lesson 8: Types of	Towns Assistan	A
Sept. 25- 29		Week 7	4		Lessons 5-6		Team Handball	Basketball	Training	Target Activities Rhythmic Activities:	Angler Ed
Oct. 2-6		Week 8	5		Lessons 7-8		Team Handball	Basketball	Lesson 9: Goal Setting	Jump Rope	Angler Ed
									Review & Catch Up		
Oct. 9-13		Week 9	4	42	Lessons 9-10		Jump Rope	Jump Rope	Health Topic Check Lesson 10: Physical	Fitness Activities	CPR
									Literacy		
			_						Lesson 11: FITT		Challenge Course
Oct. 16-20		Week 10	5		Lessons 11-12		Jump Rope/Dance	Jump Rope/Dance	Principle Lesson 12: Target	Fitness Activities	(1&2)
1									Heart Rate		
1									Lesson 13:		
Oct. 23-27		Week 11	5		Lessons 13-14		Dance	Dance	Nutrition/Hydration Lesson 14: Skeletal	Fitness Activities	Orienteering
									System	Innovative/Internationa	
Oct. 30-Nov. 3		Week 12	5		Lessons 15-16		Tennis	Badminton	Lesson 15: Nutrition	l Activities	Orienteering
N C 10	v	Week 12			Lossons 17 10		Tonnis	Dadminton	Lesson 16: Pilates and	Striking/Fielding	Challenge Course
Nov. 6-10	2nd Nine Weeks	Week 13	5		Lessons 17-18		Tennis	Badminton	Pilates Activities Lesson 17: Interval &	Activities	(3&4)
	e W								HIIT Training and		
	ä	W1-44			1 10 20		C	C	Interval and HIIT	T	De alua e aluia e
Nov. 13-17	2nd	Week 14	4		Lessons 19-20		Soccer	Soccer	Activities	Target Activities	Backpacking
									Lesson 18: Resistance		
			_						Training and		
Nov. 27-Dec. 1		Week 15	5		Lessons 21-22		Soccer	Soccer	Resistance Activities	Rhythmic Activities	Backpacking
							Outdoor Ed (Spikeball,	Outdoor Ed (Spikeball,	Lesson 19: Plyometrics		
			_				Cornhole, Bocce,	Cornhole, Bocce,	and Plyometrics		
Dec. 4-8		Week 16	5		Lessons 23-24		Horseshoes) Outdoor Ed (Spikeball,	Horseshoes) Outdoor Ed (Spikeball,	Activities Lesson 20: Circuit	Fitness Activities	Backpacking
							Cornhole, Bocce,	Cornhole, Bocce,	Training and Circuit		
Dec. 11-15		Week 17	5		Lessons 25-26		Horseshoes)	Horseshoes)	Training Activities	Fitness Activities	Backpacking
Dec. 18-20		Week 18	3	43	Winter Games		Fitnessgram	Fitnessgram	Review & Catch Up Health Topic Check	Fitness Activities	воу
DC0 10 20		Week 10			Winter Games		Transaspi ann	ricicoogram	riculti ropic circul	Transportation of the second	501
									Lesson 21: Skill Related		Challanaa Carra
Jan. 8-12		Week 19	4			BOY	воу	BOY	Fitness Components & Agility	Innovative/Internationa I Activities	(5&6)
Julii O IE		Week 25	-			501	501	501		Trouvilles	(500)
									Skill Related Fitness		
Jan. 15-19		Week 20	4			Cooperative Games	Cooperative Games	Cooperative Games	Components: Balance & Coordination	Innovative/Internationa I Activities	Slingshot
Jun 15 15		WCCK 20				cooperative dames	cooperative dunies	cooperative dames	Skill Related Fitness		Singsnot
									Components: Power &		
Jan. 22-26		Week 21	5			Volleyball	Spikeball	Volleyball	Reaction Time Skill Related Fitness	Activities	Slingshot
	ks								Components: Speed &	Striking/Fielding	Challenge Course
Jan. 29-Feb. 2	Vee	Week 22	5			Volleyball	Spikeball	Volleyball	Review Lesson 22: The	Activities	(7&8)
1	3rd Nine Weeks								Digestive System		
1	N D								Lesson 23 Nutrition		
1	<u>8</u>								Myths		
Feb. 5-9		Week 23	4			Floorball	Ultimate	LaCrosse	Lesson 24 Nutrition as Fuel	Target Activities	Archery
			-						Lesson 25: Heart Rate		
Feb. 12-16		Week 24	5			Floorball	Ultimate	LaCrosse	Lesson 26: MVPA	Target Activities	Archery
									Lesson 27: Heart Rate Monitors		
Feb. 19-23		Week 25	4			Basketball	Team Handball	Basketball	Teacher Led Circuits	Rhythmic Activities	Archery
									Amelian I iii		
Feb. 26-Mar. 1		Week 26				Basketball	Team Handball	Basketball	Analyzing ghe Circuits HRM Circuit Creation	Rhythmic Activities	Archery
. co. 25-ividi . 1			,				. com mondodii				Challenge Course
Mar. 4-8		Week 27	5	42		Jump Rope	Jump Rope	Jump Rope	HRM Circuit Creation Lesson 28: Principle of	Fitness Activities	(9&10)
1									Training		
1									Workout Activities with		
Mar. 18-22		Week 28	5			Jump Rope	Jump Rope	Jump Rope	HRM	Fitness Activities	Paddle Sports
1									Lesson 29: Exercise Form		
1									Workout Activities with		
Mar. 25-29		Week 29	4			Dance	Dance	Dance	HRM	Fitness Activities	Paddle Sports
1									Fitnessgram Career Connections		
Apr. 1-5		Week 30	5			Fitnessgram	Fitnessgram	Fitnessgram	Activity	Fitnessgram	Fitnessgram
,									Fitnessgram		
		Mest of				City occupy	City occurs	City occupy	Career Connections	Citanosar	Fitness
Apr. 8-12	S	Week 31	4			Fitnessgram	Fitnessgram	Fitnessgram	Activity Lesson 31: Using a	Fitnessgram	Fitnessgram
1	ne Weeks								Gym 101		
	Je W	Mark 22				Diekloha	Tonnic	Dodmint	Lesson 32: Using Gym	Innovative/Internationa	Cup in a LCL-11
Apr. 15-19	=	Week 32	5			Pickleball	Tennis	Badminton	Equipment	I Activities	Survival Skills

	Ē							Lesson 33:		
	4th							Environmental Safety		
								Lesson 34: Fitness	Striking/Fielding	
April 22-26		Week 33	5		Pickleball	Tennis	Badminton	Consumer Safety	Activities	Survival Skills
								Personal Workout		
								Creation with Heart		
Apr. 29-May 3		Week 34	5		Soccer	Soccer	Soccer	Rate Monitors	Target Activities	Survival Skills
								Personal Workout		
								Creation with Heart		Camping & Camp
May 6-10		Week 35	5					Rate Monitors	Rhythmic Activities	Cooking
					Outdoor Ed (Spikeball,	Outdoor Ed (Spikeball,	Outdoor Ed (Spikeball,			
					Cornhole, Bocce,	Cornhole, Bocce,	Cornhole, Bocce,			Camping & Camp
May 13-17		Week 36	5					Review	Fitness Activities	Cooking
						1 1 1	Outdoor Ed (Spikeball,			
					Cornhole, Bocce,	Cornhole, Bocce,	Cornhole, Bocce,			
May 20-23		Week 37	4	47	Horseshoes)	Horseshoes)	Horseshoes)	Review	Review	Review