

# Physical Education and Health - Spring Fitness Testing

## Ms. Fjelstad

Phone Number: 726-2400 ext: 4628 Email: [fjelstkm@chipfalls.org](mailto:fjelstkm@chipfalls.org)

PE Unit Dates [6th/7th Grade](#) and [8th Grade](#)

	Day 1	Day 2
8th Grade	PACGFjelsar ER	Mile Run
7th Grade	PACER	Mile Run
6th Grade	PACER	Mile Run

# Physical Education and Health - UNIT 11

**Ms. Fjelstad**

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PE Unit Dates [6th/7th Grade](#) and [8th Grade](#)

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7	Day 8
<b>8th Grade</b> <b>1st Hour:</b> A Code: og2t2fa B Code: nk5763a  <b>2nd Hour:</b> A Code: av7znn5								
<b>7th Grade</b> <b>Day 1 and 2</b> Code: wb55apa  <b>Day 3 and 1</b> Code: e52nr4e  <b>Day 2 and 3</b> Code: ww4tzg6	Attendance Expectations , positions, throwing/catching, punting, pass routes, hand offs	Attendance Explain rules to all time quarterback, play	Attendance Explain rules for 5 catches, play	Attendance Explain rules for pyramid football with and without defense	Attendance Explain rules for flag football, play	Attendance Play flag football	Attendance Play flag football	Attendance Option: flag football or capture the football
<b>6th Grade</b> <b>Day 1 and 2</b> Code: dmb5xsn  <b>Day 3 and 1</b> Code: z3gerit  <b>Day 2 and 3</b> Code: zt52izp	Attendance Expectations Positions Throwing and Catching Fielding	Attendance Review Throwing and Catching Hitting Stations	Attendance Three Team Softball Game Rules and Game Play	Attendance Three Team Softball Game Rules and Game Play	Attendance Three Team Softball Game Rules and Game Play	Attendance Uffda Ball Rules and Game Play	Attendance Uffda Ball Rules and Game Play	Attendance Student Option of Game Play or Kickball

# Physical Education and Health - UNIT 10

**Ms. Fjelstad**

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PE Unit Dates [6th/7th Grade](#) and [8th Grade](#)

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7	Day 8
<b>8th Grade</b> <b>1st Hour:</b> A Code: og2t2fa B Code: nk5763a  <b>2nd Hour:</b> A Code: av7znn5								
<b>7th Grade</b> <b>Day 1 and 2</b> Code: wb55apa  <b>Day 3 and 1</b> Code: e52nr4e  <b>Day 2 and 3</b> Code: ww4tztg6	Attendance Kubb Rules and Game Play	Attendance Kubb Rules and Game Play	Attendance Baggio Rules and Game Play	Attendance Baggio Rules and Game Play	Attendance Frisbee Golf Rules and Game Play	Attendance Bocce Rules and Game Play	Attendance Kan Jam Rules and Game Play	Attendance Kickball or Gaga Ball Rules and Game Play
<b>6th Grade</b> <b>Day 1 and 2</b> Code: dmb5xsn  <b>Day 3 and 1</b> Code: z3gerit  <b>Day 2 and 3</b> Code: zt52izp	Attendance Mollky Rules and Game Play	Attendance Mollky Rules and Game Play	Attendance Baggio Rules and Game Play	Attendance Baggio Rules and Game Play	Attendance Frisbee Rules and Game Play	Attendance Bocce Rules and Game Play	Attendance Kan Jam Rules and Game Play	Attendance Kickball or Gaga Ball Rules and Game Play

# Physical Education and Health - UNIT 9

**Ms. Fjelstad**

Phone Number: 726-2400 ext: 4628 Email: [fjelstkm@chipfalls.org](mailto:fjelstkm@chipfalls.org)

PE Unit Dates [6th/7th Grade](#) and [8th Grade](#)

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7	Day 8
<b>8th Grade</b> <b>1st Hour:</b> A Code: og2t2fa B Code: nk5763a  <b>2nd Hour:</b> A Code: av7znn5								
<b>7th Grade</b> <b>Day 1 and 2</b> Code: wb55apa  <b>Day 3 and 1</b> Code: e52nr4e  <b>Day 2 and 3</b> Code: ww4tzg6	Attendance Expectations Test Front Crawl, Back Crawl, Float and Tread  <hr/> Pre Test, Expectations & Safety	Attendance Front Crawl legs and arm strokes with and without kickboards  <hr/> Review whistle commands, points, shoot	Attendance Back crawl flutter kick with back crawl arms  <hr/> Go through shooting sequence, shoot	Attendance Elementary Backstroke  <hr/> Review points sequence and whistle commands and shoot.	Attendance Review Elementary Backstroke and test it.  <hr/> Teach them how to play one in every color, shoot	Attendance Review whip kick again for breaststroke and intro for arm stroke.  <hr/> Play one in every color, shoot	Attendance review and test breast stroke and review all strokes.  <hr/> Teach them how to keep score, shoot	Attendance <u>Free Swim</u>  Keep score, shoot.
<b>6th Grade</b> <b>Day 1 and 2</b> Code: dmb5xsn  <b>Day 3 and 1</b> Code: z3gerit	Attendance Warm ups, Volleyball passing and serving	Attendance, Volleyball setting and serving and attacks	Attendance, Review volleyball rules, mini games with scoring	Attendance Volleyball color tournament day 1	Attendance Volleyball color tournament day 2	Attendance Volleyball color tournament day 3	Attendance Volleyball Partners Tournament and Championship Round	Attendance Volleyball Partners Tournament

Day 2 and 3  
Code: zt52izp

# Physical Education and Health - UNIT 8

**Ms. Fjelstad**

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PE Unit Dates [6th/7th Grade](#) and [8th Grade](#)

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7	Day 8
<b>8th Grade</b> <b>1st Hour:</b> A Code: og2t2fa B Code: nk5763a  <b>2nd Hour:</b> A Code: av7znn5	Attendance Kan Jam Rules and Game Play	Attendance Kan Jam Game Play	Attendance Big Base Rules and Game Play	Attendance CrossNet Rules and Game Play	Attendance CrossNet Game Play	Attendance Spikeball Rules and Game Play	Attendance Spikeball Game Play	Attendance Choice Activities
<b>7th Grade</b> <b>Day 1 and 2</b> Code: wb55apa  <b>Day 3 and 1</b> Code: e52nr4e  <b>Day 2 and 3</b> Code: ww4tzg6	Attendance Expectations Test Front Crawl, Back Crawl, Float and Tread and put into similar swim groups	Attendance Front Crawl legs and arm strokes with and without kickboards	Attendance Back crawl flutter kick with back crawl arms (pinky in and thumb out rotation)	Attendance Elementary Backstroke (Tickle T 1,2,3 or Little bird, big bird flap)	Attendance Review Elementary Backstroke and test it. Intro whip kick for breaststroke.	Attendance Review whip kick again for breaststroke and intro for arm stroke for breaststroke.	Attendance review and test breast stroke and review all strokes.	Attendance Free Swim
<b>6th Grade</b> <b>Day 1 and 2</b> Code: dmb5xsn  <b>Day 3 and 1</b> Code: z3gerit	Attendance, expectations, bobs, flutter kick on wall, flutter kick with kickboard, red light, green light kicks	Attendance Bobs, Review kicks, front crawl arm action on side of pool, with kickboard, backfloat	Attendance Bobs, Put together front crawl with kickboard and without kickboard, backfloat, tread	Attendance Bobs, review front crawl, back crawl flutter kick with board, back kick, float and tread	Attendance Bobs, review front crawl, back crawl, float and tread	Attendance Bobs, front crawl, back crawl, float and tread, whip kick with board on back, finning and sculling	Attendance Bobs, review whip kick on back, elementary backstroke, float and tread	Attendance Bobs, free swim

Day 2 and 3  
Code: zt52izp

# Physical Education and Health - UNIT 7

**Ms. Fjelstad**

Phone Number: 726-2400 ext: 4628 Email: [fjelstkm@chipfalls.org](mailto:fjelstkm@chipfalls.org)

PE Unit Dates [6th/7th Grade](#) and [8th Grade](#)

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7	Day 8
<b>8th Grade</b> <b>1st Hour:</b> A Code: og2t2fa B Code: nk5763a  <b>2nd Hour:</b> A Code: av7znn5	Pre Test, Expectations, Safety, Left/Right Bows (eye Dominance), Whistle commands, parts of bow and arrow	Review safety and whistle commands, target points, shoot	Go through shooting sequence, shoot	Review points, sequence, whistle commands, shoot	Teach them how to play cricket, play game	Teach them how to play 301 countdown, play	Post Test, Finish 301 countdown	Choose: 301 countdown, cricket or target shoot
<b>7th Grade</b> <b>Day 1 and 2</b> Code: wb55apa  <b>Day 3 and 1</b> Code: e52nr4e  <b>Day 2 and 3</b> Code: ww4tzg6	Attendance Warm ups, Volleyball passing, setting, hitting, serving	Attendance, Volleyball rules, games	Attendance, Review volleyball rules, games	Attendance Final volleyball games	Attendance Warm ups, Basketball dribbling, shooting, passing	Attendance Warm ups, Basketball rules, games	Attendance Warm ups, review basketball rules, games	Attendance Warm ups, Final basketball games
<b>6th Grade</b> <b>Day 1 and 2</b> Code: dmb5xsn  <b>Day 3 and 1</b> Code: z3gerit	Attendance Warm ups, Volleyball passing and serving	Attendance, Volleyball setting and serving and attacks	Attendance, Review volleyball rules, mini games with scoring	Attendance Volleyball color tournament day 1	Attendance Volleyball color tournament day 2	Attendance Volleyball color tournament day 3	Attendance Volleyball Partners Tournament and	Attendance Volleyball Partners Tournament

Day 2 and 3 Code: zt52izp							Championship Round	
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## Physical Education and Health - UNIT 6

**Ms. Fjelstad**

Phone Number: 726-2400 ext: 4628 Email: [fjelstkm@chipfalls.org](mailto:fjelstkm@chipfalls.org)

PE Unit Dates [6th/7th Grade](#) and [8th Grade](#)

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7	Day 8
<b>8th Grade</b> <b>1st Hour:</b> A Code: og2t2fa B Code: nk5763a  <b>2nd Hour:</b> A Code: av7znn5	Emergency H2O Safety Poster 4 Touches, 30 sec. Tread and float, Test compact jump	6 touches, 1 min. backfloat, 45 sec. tread, Teach Rescue Tube and Teach Stride Entry	8 touches, 1.5 min. backfloat, 1 min. tread, Test Rescue Tube and teach bricks	3 min. swim, 2 min. Backfloat, 1.5 min. tread, Teach and Test reaching assist, test bricks throughout	4 min. swim, 1.5 min. backfloat, 2.5 min. tread, Teach and test throwing assist, test bricks throughout	4 min. swim, 1.5 min. backfloat, test bricks, Test 3 min. tread	5 min. swim Test and 2 min. backfloat test, make ups if time	Make ups
<b>7th Grade</b> <b>Day 1 and 2</b> Code: wb55apa  <b>Day 3 and 1</b> Code: e52nr4e  <b>Day 2 and 3</b> Code: ww4tzg6	Attendance Pre Test Show Badminton equipment Ups, flip flops	Attendance 30 Hits in 30 Seconds, Serving- How to, Lines on floor	Attendance Different types of hits, Review Lines	Attendance Go over Scoring and Rules Mini Games	Attendance Review Rules, Play Games	Attendance Talk about strategies, Play Games	Attendance Post Test Play King of Court	Attendance Finish King of Court
<b>6th Grade</b> <b>Day 1 and 2</b> Code: dmb5xsn  <b>Day 3 and 1</b>	Attendance Warm Up Basketball Expectations Ball Handling	Attendance Warm Up Basketball Dribbling	Attendance Warm Up Basketball Intro to	Attendance Warm Up Basketball Games	Attendance Warm Up Basketball Games	Attendance Warm Up Basketball Games	Attendance Warm Up Basketball Games	Attendance Warm Up Basketball Games

<b>Code:</b> z3gerit <b>Day 2 and 3</b> <b>Code:</b> zt52izp	_____ Dance Spots Expectations Just Dance	Skills and Drills _____ Electric Slide Steps	games and Mini Games _____ Electric Slide Final	Chocolate City Hustle CFMS Version	CCH Final Meet Your Partner	Cotton Eye Joe	Cotton Eye Joe Final	Just Dance Create Your Own Dance
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## *Physical Education and Health - UNIT 5*

**Ms. Fjelstad**

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PE Unit Dates 6th/7th Grade and 8th Grade

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7	Day 8
<b>8th Grade</b> <b>1st Hour:</b> A Code: og2t2fa B Code: nk5763a  <b>2nd Hour:</b> A Code: av7znn5	Emergency H2O Safety Poster 4 Touches, 30 sec. Tread and float, Test compact jump	6 touches, 1 min. backfloat, 45 sec. tread, Teach Rescue Tube and Teach Stride Entry	8 touches, 1.5 min. backfloat, 1 min. tread, Test Rescue Tube and teach bricks	3 min. swim, 2 min. Backfloat, 1.5 min. tread, Teach and Test reaching assist, test bricks throughout	4 min. swim, 1.5 min. backfloat, 2.5 min. tread, Teach and test throwing assist, test bricks throughout	4 min. swim, 1.5 min. backfloat, test bricks, Test 3 min. tread	5 min. swim Test and 2 min. backfloat test, make ups if time	Make ups
<b>7th Grade</b> <b>Day 1 and 2</b> Code: wb55apa  <b>Day 3 and 1</b> Code: e52nr4e  <b>Day 2 and 3</b> Code: ww4tzg6	Attendance Pre Test Show Badminton equipment Ups, flip flops	Attendance 30 Hits in 30 Seconds, Serving- How to, Lines on floor	Attendance Different types of hits, Review Lines	Attendance Go over Scoring and Rules Mini Games	Attendance Review Rules, Play Games	Attendance Talk about strategies, Play Games	Attendance Post Test Play King of Court	Attendance Finish King of Court
<b>6th Grade</b> <b>Day 1 and 2</b> Code: dmb5xsn	Attendance Warm Up	Attendance Warm Up	Attendance Warm Up Basketball	Attendance Warm Up	Attendance Warm Up	Attendance Warm Up	Attendance Warm Up	Attendance Warm Up



<b>Day 3 and 1</b> <b>Code: z3gerit</b>  <b>Day 2 and 3</b> <b>Code: zt52izp</b>	Basketball Expectations Ball Handling	Basketball Dribbling Skills and Drills	Intro to games and Mini Games	Basketball Games	Basketball Games	Basketball Games	Basketball Games	Basketball Games

## *Physical Education and Health - Winter Fitness Testing*

### **Ms. Fjelstad**

Phone Number: 726-2400 ext: 4628    Email: [fjelstkm@chipfalls.org](mailto:fjelstkm@chipfalls.org)

#### PE Unit Dates 6th/7th Grade and 8th Grade

	Day 1	Day 2	Day 3	Day 4
<b>8th Grade</b>	Modified Pull Ups	Height and Weight and Sit and Reach	PACER	Curl Ups
<b>7th Grade</b>	Modified Pull Ups	Height and Weight and Sit and Reach	PACER	Curl Ups
<b>6th Grade</b>	Modified Pull Ups	Height and Weight and Sit and Reach	PACER	Curl Ups

# Physical Education and Health - UNIT 4

**Ms. Fjelstad**

Phone Number: 726-2400 ext: 4628 Email: [fjelstkm@chipfalls.org](mailto:fjelstkm@chipfalls.org)

PE Unit Dates [6th/7th Grade](#) and [8th Grade](#)

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7	Day 8
<b>8th Grade</b> <b>1st Hour:</b> A Code: og2t2fa B Code: nk5763a  <b>2nd Hour:</b> A Code: av7znn5	Emergency H2O Safety Poster 4 Touches, 30 sec. Tread and float, Test compact jump	6 touches, 1 min. backfloat, 45 sec. tread, Teach Rescue Tube and Teach Stride Entry	8 touches, 1.5 min. backfloat, 1 min. tread, Test Rescue Tube and teach bricks	3 min. swim, 2 min. Backfloat, 1.5 min. tread, Teach and Test reaching assist, test bricks throughout	4 min. swim, 1.5 min. backfloat, 2.5 min. tread, Teach and test throwing assist, test bricks throughout	4 min. swim, 1.5 min. backfloat, test bricks, Test 3 min. tread	5 min. swim Test and 2 min. backfloat test, make ups if time	Make ups
<b>7th Grade</b> <b>Day 1 and 2</b> Code: wb55apa  <b>Day 3 and 1</b> Code: e52nr4e  <b>Day 2 and 3</b> Code: ww4tzg6	Attendance Pre Test Show Badminton equipment Ups, flip flops	Attendance 30 Hits in 30 Seconds, Serving- How to, Lines on floor	Attendance Different types of hits, Review Lines	Attendance Go over Scoring and Rules Mini Games	Attendance Review Rules, Play Games	Attendance Talk about strategies, Play Games	Attendance Post Test Play King of Court	Attendance Finish King of Court
<b>6th Grade</b> <b>Day 1 and 2</b> Code: dmb5xsn  <b>Day 3 and 1</b> Code: z3gerit  <b>Day 2 and 3</b> Code: zt52izp	Attendance Dance Spots Expectations Just Dance	Attendance Electric Slide Steps	Attendance Electric Slide Final	Attendance Chocolate City Hustle CFMS Version	Attendance CCH Final Meet Your Partner	Attendance Cotton Eye Joe	Attendance Cotton Eye Joe Final	Attendance Just Dance Create Your Own Dance

# Physical Education and Health - UNIT 3

**Ms. Fjelstad**

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PE Unit Dates [6th/7th Grade](#) and [8th Grade](#)

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7	Day 8
<b>8th Grade</b> <b>1st Hour:</b> A Code: og2t2fa B Code: nk5763a	Attendance FITT Pretest Weight Room Rules and Expectations Pre Test	Attendance Colored Workout Day 1	Attendance Colored Workout Day 2	Attendance Colored Workout Day 3	Attendance Colored Workout Day 4 Goal Setting with FitnessGram	Attendance Colored Workout Day 5 Post Test Goal Setting	Attendance Colored Workout Day 6	Attendance Choice Workout
<b>2nd Hour:</b> A Code: av7znn5	Emergency H2O Safety Poster 4 Touches, 30 sec. Tread and float, Test compact jump	6 touches, 1 min. backfloat, 45 sec. tread, Teach Rescue Tube and Teach Stride Entry	8 touches, 1.5 min. backfloat, 1 min. tread, Test Rescue Tube and teach bricks	3 min. swim, 2 min. Backfloat, 1.5 min. tread, Teach and Test reaching assist, test bricks throughout	4 min. swim, 1.5 min. backfloat, 2.5 min. tread, Teach and test throwing assist, test bricks throughout	4 min. swim, 1.5 min. backfloat, test bricks, Test 3 min. tread	5 min. swim Test and 2 min. backfloat test, make ups if time	Make ups
<b>7th Grade</b> Day 1 and 2 Code: wb55apa  Day 3 and 1 Code: e52nr4e  Day 2 and 3 Code: ww4tztg6	Attendance FITT Pretest Weight Room Rules and Expectations	Attendance Workout $\frac{1}{2}$ Cardio $\frac{1}{2}$ Weights	Attendance Workout $\frac{1}{2}$ Cardio $\frac{1}{2}$ Weights	Attendance Goal Setting with FitnessGram results	Attendance Workout $\frac{1}{2}$ Cardio $\frac{1}{2}$ Weights	Attendance Workout $\frac{1}{2}$ Cardio $\frac{1}{2}$ Weights Post Test Goal Setting	Attendance CrossFit Workout Post Test	Attendance Choice Workout

<p><b>6th Grade</b>  <b>Day 1 and 2</b>  <b>Code:</b> dmb5xsn</p> <p><b>Day 3 and 1</b>  <b>Code:</b> z3gerit</p> <p><b>Day 2 and 3</b>  <b>Code:</b> zt52izp</p>	<p>Attendance  Dance Spots  Expectations  Just Dance</p>	<p>Attendance  Electric  Slide Steps</p>	<p>Attendance  Electric  Slide Final</p>	<p>Attendance  Chocolate  City Hustle  CFMS  Version</p>	<p>Attendance  CCH Final  Meet Your  Partner</p>	<p>Attendance  Cotton Eye  Joe</p>	<p>Attendance  Cotton Eye  Joe Final</p>	<p>Attendance  Just Dance  Create Your  Own Dance</p>
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# Physical Education and Health - UNIT 2

**Ms. Fjelstad**

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## PE Unit Dates 6th/7th Grade and 8th Grade

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7	Day 8
<b>8th Grade</b> <b>1st Hour:</b> A Code: og2t2fa B Code: nk5763a  <b>2nd Hour:</b> A Code: av7znn5	Attendance CrossNet Rules and Game Play	Attendance CrossNet Game Play	Attendance Frisbee Golf Rules and Game Play	Attendance Spikeball Rules and Game Play	Attendance Spikeball Game Play	Attendance Kan Jam Rules and Game Play	Attendance Kan Jam Game Play	Attendance Choice Activities
<b>7th Grade</b> <b>Day 1 and 2</b> Code: wb55apa  <b>Day 3 and 1</b> Code: e52nr4e  <b>Day 2 and 3</b> Code: ww4tzg6	Attendance Soccer Rules Dribbling Punting	Attendance Soccer Skills Passing Defense	Attendance Soccer Game Rules Shooting Skills	Attendance Review Soccer Game Play Corner/Goal Kicks Mini Games	Attendance Review Soccer Game Play Day 1	Attendance Review Soccer Game Play Day 2	Attendance Review Soccer Game Play Day 3	Attendance Review Soccer Game Play Day 4
<b>6th Grade</b> <b>Day 1 and 2</b> Code: dmb5xsn  <b>Day 3 and 1</b> Code: z3gerit  <b>Day 2 and 3</b> Code: zt52izp	Attendance Big Base Rules and Game Play	Attendance Kan Jam Rules and Game Play	Attendance Kan Jam Game Play	Attendance Kubb Rules and Game Play	Attendance Kubb Game Play	Attendance Bocce Rules and Game Play	Attendance Molky Rules and Game Play	Attendance Big Base Game Play

# Physical Education and Health - UNIT 1

**Ms. Fjelstad**

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## PE Unit Dates 6th/7th Grade and 8th Grade

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7	Day 8
<b>8th Grade</b> <b>1st Hour:</b> A Code: og2t2fa B Code: nk5763a  <b>2nd Hour:</b> A Code: av7znn5	Attendance Softball Rules Throwing Catching Pitching	Attendance Softball Rules Throwing Catching Hitting Stations	Attendance Softball Games	Attendance Kickball Rules and Game Play	Attendance Kickball Game Play	Attendance Big Base Game Rules and Play	Attendance Big Base Game Play	Attendance Uftaball Rules and Game Play
<b>7th Grade</b> <b>Day 1 and 2</b> Code: wb55apa  <b>Day 3 and 1</b> Code: e52nr4e  <b>Day 2 and 3</b> Code: ww4tzg6	Attendance Soccer Rules Dribbling Punting	Attendance Soccer Skills Passing Defense	Attendance Soccer Game Rules Shooting Skills	Attendance Review Soccer Game Play Corner/Goal Kicks Mini Games	Attendance Review Soccer Game Play Day 1	Attendance Review Soccer Game Play Day 2	Attendance Review Soccer Game Play Day 3	Attendance Review Soccer Game Play Day 4
<b>6th Grade</b> <b>Day 1 and 2</b> Code: dmb5xsn  <b>Day 3 and 1</b> Code: z3gerit  <b>Day 2 and 3</b> Code: zt52izp	Attendance Soccer Rules Dribbling Punting	Attendance Soccer Skills Passing Defense	Attendance Soccer Game Rules Shooting Skills	Attendance Review Soccer Game Play Corner/Goal Kicks Mini Games	Attendance Review Soccer Game Play Day 1	Attendance Review Soccer Game Play Day 2	Attendance Review Soccer Game Play Day 3	Attendance Review Soccer Game Play Day 4



# Physical Education and Health

Week of September 18 - 22

**Ms. Fjelstad**

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PE Unit Dates [6th/7th Grade](#) and [8th Grade](#)

	<b>Monday 9/18 A2</b>	<b>Tuesday 9/19 B3</b>	<b>Wednesday 9/20 A1</b>	<b>Thursday 9/21 B2</b>	<b>Friday 9/22 A3</b>
<b>1st Hour 8th Grade</b> A and B Day 8:26 - 9:21  A Code: og2t2fa  B Code: nk5763a	<input type="checkbox"/> Attendance Fitness Day 3 PACER	<input type="checkbox"/> Attendance Fitness Day 4 Curl Ups	<input type="checkbox"/> Attendance Fitness Day 4 Curl Ups	<input type="checkbox"/> Attendance MILE RUN	<input type="checkbox"/> Attendance MILE RUN
<b>2nd Hour 8th Grade</b> A Day 9:24 - 10:14  Code: av7znn5	<input type="checkbox"/> Attendance Fitness Day 3 PACER		<input type="checkbox"/> Attendance Fitness Day 4 Curl Ups		<input type="checkbox"/> Attendance MILE RUN

<p><b>3rd Hour 7th Grade</b> Day 1 and 2 10:17 - 11:07</p> <p>Code: wb55apa</p>	<p><input type="checkbox"/> Attendance Fitness Day 4 Curl Ups</p>		<p><input type="checkbox"/> Attendance Fitness Make Up</p>	<p><input type="checkbox"/> Attendance MILE RUN</p>	
<p>3rd Hour - Day 3 4th Hour - Day 1 7th Grade</p> <p>10:17 - 11:07 (3) 11:10 - 12:00 (4)</p> <p>Code: e52nr4e</p>		<p><input type="checkbox"/> Attendance Fitness Day 4 Curl Ups</p>	<p><input type="checkbox"/> Attendance Fitness Make Up</p>		<p><input type="checkbox"/> Attendance MILE RUN</p>
<p><b>4th Hour 7th Grade</b> Day 2 and 3 11:10 - 12:00</p> <p>Code: ww4tzg6</p>	<p><input type="checkbox"/> Attendance Fitness Day 4 Curl Ups</p>	<p><input type="checkbox"/> Attendance Fitness Make Up</p>		<p><input type="checkbox"/> Attendance MILE RUN</p>	<p><input type="checkbox"/> Attendance UNIT 1 Starts</p>
<p><b>7th Hour 6th Grade</b> Day 1 and 2 1:34 - 2:24</p> <p>Code: dmb5xsn</p>	<p><input type="checkbox"/> Attendance Fitness Day 4 Curl Ups</p>		<p><input type="checkbox"/> Attendance Fitness Make Up</p>	<p><input type="checkbox"/> Attendance MILE RUN</p>	
<p>7th Hour - Day 3 8th Hour - Day 1 6th Grade</p> <p>1:34 - 2:24 (7) 2:27 - 3:17 (8)</p> <p>Code: z3gerit</p>		<p><input type="checkbox"/> Attendance Fitness Day 4 Curl Ups</p>	<p><input type="checkbox"/> Attendance Fitness Make Up</p>		<p><input type="checkbox"/> Attendance MILE RUN</p>



**8th Hour**  
**6th Grade**  
Day 2 and 3  
2:27 - 3:17

Code: zt52izp

Attendance  
Fitness  
Day 4  
Curl Ups

Attendance  
Fitness  
Make Up

Attendance  
MILE RUN

Attendance  
UNIT 1  
Starts



# Physical Education and Health

Week of September 11 - 15

**Ms. Fjelstad**

Phone Number: 726-2400 ext: 4628 Email: [fjelstkm@chipfalls.org](mailto:fjelstkm@chipfalls.org)

PE Unit Dates [6th/7th Grade](#) and [8th Grade](#)

	<b>Monday 9/11</b> <b>B3</b>	<b>Tuesday 9/12</b> <b>A1</b>	<b>Wednesday 9/13</b> <b>B2</b>	<b>Thursday 9/14</b> <b>A3</b>	<b>Friday 9/15</b> <b>B1</b>
<b>1st Hour 8th Grade</b> A and B Day 8:26 - 9:21  A Code: og2t2fa  B Code: nk5763a	<input type="checkbox"/> Attendance Fitness Day 1 Modified Pull Up	<input type="checkbox"/> Attendance Fitness Day 1 Modified Pull Up	<input type="checkbox"/> Attendance Fitness Day 2 Ht/Wt Sit and Reach	<input type="checkbox"/> Attendance Fitness Day 2 Ht/Wt Sit and Reach	<input type="checkbox"/> Attendance Fitness Day 3 PACER
<b>2nd Hour 8th Grade</b> A Day 9:24 - 10:14  Code: av7znn5		<input type="checkbox"/> Attendance Fitness Day 1 Modified Pull Up		<input type="checkbox"/> Attendance Fitness Day 2 Ht/Wt Sit and Reach	
<b>3rd Hour 7th Grade</b> Day 1 and 2 10:17 - 11:07  Code: wb55apa		<input type="checkbox"/> Attendance Fitness Day 1 Modified Pull Up	<input type="checkbox"/> Attendance Fitness Day 2 Ht/Wt Sit and Reach		<input type="checkbox"/> Attendance Fitness Day 3 PACER

<p>3rd Hour - Day 3 4th Hour - Day 1 7th Grade</p> <p>10:17 - 11:07 (3) 11:10 - 12:00 (4)</p> <p>Code: e52nr4e</p>	<p>☐ Attendance Lockers</p>	<p>☐ Attendance Fitness Day 1 Modified Pull Up</p>		<p>☐ Attendance Fitness Day 2 Ht/Wt Sit and Reach</p>	<p>☐ Attendance Fitness Day 3 PACER</p>
<p>4th Hour 7th Grade</p> <p>Day 2 and 3 11:10 - 12:00</p> <p>Code: ww4tzg6</p>	<p>☐ Attendance Fitness Day 1 Modified Pull Up</p>		<p>☐ Attendance Fitness Day 2 Ht/Wt Sit and Reach</p>	<p>☐ Attendance Fitness Day 3 PACER</p>	
<p>7th Hour 6th Grade</p> <p>Day 1 and 2 1:34 - 2:24</p> <p>Code: dmb5xsn</p>		<p>☐ Attendance Fitness Day 1 Modified Pull Up</p>	<p>☐ Attendance Fitness Day 2 Ht/Wt Sit and Reach</p>		<p>☐ Attendance Fitness Day 3 PACER</p>
<p>7th Hour - Day 3 8th Hour - Day 1 6th Grade</p> <p>1:34 - 2:24 (7) 2:27 - 3:17 (8)</p> <p>Code: z3gerit</p>	<p>☐ Attendance Lockers Fix Google Classroom</p>	<p>☐ Attendance Fitness Day 1 Modified Pull Up</p>		<p>☐ Attendance Fitness Day 2 Ht/Wt Sit and Reach</p>	<p>☐ Attendance Fitness Day 3 PACER</p>

**8th Hour**  
**6th Grade**  
Day 2 and 3  
2:27 - 3:17

Code: zt52izp

Attendance  
Fitness  
Day 1  
Modified Pull  
Up

Attendance  
Fitness  
Day 2  
Ht/Wt  
Sit and Reach

Attendance  
Fitness  
Day 3  
PACER



# Physical Education and Health

Week of September 4 - 8

**Ms. Fjelstad**

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PE Unit Dates [6th/7th Grade](#) and [8th Grade](#)

	Monday 9/4	Tuesday 9/5 2B	Wednesday 9/6 3A	Thursday 9/7 1B	Friday 9/8 2A
<b>1st Hour 8th Grade</b> A and B Day 8:26 - 9:21  A Code: og2t2fa B Code: nk5763a	Labor Day	<input type="checkbox"/> Attendance <input type="checkbox"/> Tshirts <input type="checkbox"/> Spots <input type="checkbox"/> Lockers <input type="checkbox"/> Schedule <input type="checkbox"/> Expectations	<input type="checkbox"/> Attendance <input type="checkbox"/> Tshirts <input type="checkbox"/> Spots <input type="checkbox"/> Lockers <input type="checkbox"/> Schedule <input type="checkbox"/> Expectations	<input type="checkbox"/> Attendance <input type="checkbox"/> Picture Day <input type="checkbox"/> Google Classroom	<input type="checkbox"/> Attendance <input type="checkbox"/> Google Classroom <input type="checkbox"/> Lockers <input type="checkbox"/> Walking workout
<b>2nd Hour 8th Grade</b> A Day 9:24 - 10:14 Code: av7znn5	Labor Day		<input type="checkbox"/> Attendance <input type="checkbox"/> Tshirts <input type="checkbox"/> Spots <input type="checkbox"/> Lockers <input type="checkbox"/> Schedule <input type="checkbox"/> Expectations		<input type="checkbox"/> Attendance <input type="checkbox"/> Google Classroom <input type="checkbox"/> Lockers <input type="checkbox"/> Walking workout
<b>3rd Hour 7th Grade</b> Day 1 and 2 10:17 - 11:07 Code: wb55apa	Labor Day	<input type="checkbox"/> Attendance <input type="checkbox"/> Spots <input type="checkbox"/> Lockers <input type="checkbox"/> Schedule <input type="checkbox"/> Expectations		<input type="checkbox"/> Attendance <input type="checkbox"/> Picture Day <input type="checkbox"/> Google Classroom	<input type="checkbox"/> Attendance <input type="checkbox"/> Lockers <input type="checkbox"/> Walking workout

<p>3rd Hour - Day 3 4th Hour - Day 1 7th Grade</p> <p>10:17 - 11:07 (3) 11:10 - 12:00 (4) Code: e52nr4e</p>	<p>Labor Day</p>		<ul style="list-style-type: none"> <li><input type="checkbox"/> Attendance</li> <li><input type="checkbox"/> Tshirts</li> <li><input type="checkbox"/> Lockers</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Attendance</li> <li><input type="checkbox"/> Picture Day</li> <li><input type="checkbox"/> Lockers &amp; Google Classroom</li> </ul>	
<p>4th Hour 7th Grade</p> <p>Day 2 and 3 11:10 - 12:00</p> <p>Code: ww4tzg6</p>	<p>Labor Day</p>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Attendance</li> <li><input type="checkbox"/> Spots</li> <li><input type="checkbox"/> Lockers</li> <li><input type="checkbox"/> Schedule</li> <li><input type="checkbox"/> Expectations</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Attendance</li> <li><input type="checkbox"/> Google Classroom</li> <li><input type="checkbox"/> Lockers</li> <li><input type="checkbox"/> Walking workout</li> </ul>		<ul style="list-style-type: none"> <li><input type="checkbox"/> Attendance</li> <li><input type="checkbox"/> Lockers</li> <li><input type="checkbox"/> Walking workout</li> </ul>
<p>7th Hour 6th Grade</p> <p>Day 1 and 2 1:34 - 2:24</p> <p>Code: dmb5xsn</p>	<p>Labor Day</p>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Attendance</li> <li><input type="checkbox"/> Spots</li> <li><input type="checkbox"/> Lockers</li> <li><input type="checkbox"/> Schedule</li> <li><input type="checkbox"/> Expectations</li> </ul>		<ul style="list-style-type: none"> <li><input type="checkbox"/> Attendance</li> <li><input type="checkbox"/> Picture Day</li> <li><input type="checkbox"/> Google Classroom-in Auditorium</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Attendance</li> <li><input type="checkbox"/> T Shirts</li> <li><input type="checkbox"/> Lockers</li> <li><input type="checkbox"/> Walking workout</li> </ul>
<p>7th Hour - Day 3 8th Hour - Day 1 6th Grade</p> <p>1:34 - 2:24 (7) 2:27 - 3:17 (8) Code: z3gerit</p>	<p>Labor Day</p>		<ul style="list-style-type: none"> <li><input type="checkbox"/> Attendance</li> <li><input type="checkbox"/> Spots</li> <li><input type="checkbox"/> Lockers</li> <li><input type="checkbox"/> Schedule</li> <li><input type="checkbox"/> Expectations</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Attendance</li> <li><input type="checkbox"/> Picture Day</li> <li><input type="checkbox"/> Lockers &amp; Google Classroom</li> </ul>	
<p>8th Hour 6th Grade</p> <p>Day 2 and 3 2:27 - 3:17</p> <p>Code: zt52izp</p>	<p>Labor Day</p>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Attendance</li> <li><input type="checkbox"/> Spots</li> <li><input type="checkbox"/> Lockers</li> <li><input type="checkbox"/> Schedule</li> <li><input type="checkbox"/> Expectations</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Attendance</li> <li><input type="checkbox"/> Google Classroom</li> <li><input type="checkbox"/> Lockers</li> <li><input type="checkbox"/> Walking workout</li> </ul>		<ul style="list-style-type: none"> <li><input type="checkbox"/> Attendance</li> <li><input type="checkbox"/> T Shirts</li> <li><input type="checkbox"/> Lockers</li> <li><input type="checkbox"/> Walking workout</li> </ul>