

Dates	Unit	Objectives	Assessment
	Flag Football	Develop offensive and defensive skills to enhance team play. Work together to advance the ball no matter what student skill level.	Pass Patterns- 2 selected by teacher- 5 pts per pattern- technique and correct pattern
	Soccer	Understand and apply more advanced movement and game strategies.	Dribble and pass with partner- 5 pts –control and accuracy of pass
	Fitness Testing- Fitnessgram	Meet health-related fitness standards.	Work to attain healthy fitness zone
	Fitness Activities	Understand and apply basic principles of training to improve physical fitness such as various weight training techniques.	Daily Participation- 10 points per day- Exertion Observation
	Archery	Apply proper technique for shooting the arrow to improve accuracy of hitting the target.	Proper technique for delivery of arrow- 5 pts
	Curling	Apply proper technique for delivery of the stone.	Deliver stone with correct technique. 10 pts.
	Climbing Wall	Demonstrate knowledge of correct safety procedures for climbing and for belaying. Set and work to achieve personal climbing areas on the wall.	Attempt to climb to personal goal- 5 pts. And helping others through belaying-5 pts.
	Basketball	Understand and apply more advanced movement and game strategies such as explaining and demonstrating strategies involved in playing speedball.	Applying proper techniques for guarding (arms up& between basket and the ball. Dribbling with one hand & other arm up- 5 pts. each
	Gymnastics	Improve individual balance, coordination, and strength through basic gymnastics tumbling skills and skills on the equipment.	Student chooses a group of skills to be tested on to achieve a desired grade.
	Dance	Demonstrate competence in modified versions of movement forms such as performing in a variety of simple folk, line, and square dances.	Testing dances: Line dances, Disco, Hip Hop, Electric Slide, and Creative
	Fitness Testing-Fitnessgram	Meet health-related fitness standards. Begin to design personal health-related fitness programs based on an accurately assessed fitness profile, (e.g., engage in physical activity at the target heart rate for	Work to attain healthy fitness zone

		a minimum of 30 minutes at least 3 times a week outside of the physical education class. Establish personal physical activity goals.	
	Badminton	Develop offensive and defensive skills to enhance team play.	5 serves over net and landing in opposite court- 2 pts. Per serve
	Softball	Develop consistency for hitting the softball. Improve fielding skills by using the glove in the proper way to stop a ground ball and to catch a fly ball.	Applying batting skills and basic fielding skills to game situation. 10pts. Total-