

PE Crs 2 Outline

This is the planned schedule for the school year. Our **Fitness Days** are scheduled for one day per week. Students are expected to be dressed in the PE uniform every day unless advised not to and must bring their chromebook or notebook when requested for note taking in the Varsity room. No other items are to be brought to class. Activities are subject to change but students will be informed of these changes.

Unit Dates/ Locations	Unit/Activity
Aug 11 - Aug 15 Gym	Syllabus, PE clothes, Locker assignments, Get to know each other bonding activities.
Aug 18 - Aug 29 Gym/Track Classroom	Introduction to PE Course 2 PFT components Baseline Testing
Sep 02 - Sept 26 Gym/Swimming Pool/Classroom	Unit 1: Swim Safety and Basic Swim/ Freestyle/Breaststroke/Backstroke Environment (Heat Illnesses)
Sep 29 - Oct 24 Gym/Track/Classroom	Unit 2: Soccer Biomechanics and Principles of exercises
Oct 27 - Dec 05 Gym/Classroom	Unit 3: Basketball HITT/Physical and health fitness skills
Dec 08 - Dec 12 Gym/Track/Classroom Swimming Pool	Review
Dec 15 - Dec 19 Rotating	Final Exams
Dec 22 - Jan 02	Winter Recess
Jan 05 - Jan 30 Track/Field/Classroom	Unit 4: Softball
Feb 02 - Feb 27 Grass/Track/Classroom	Unit 5: Track and Field Ergogenic aids
Mar 02 - Mar 13 Gym/Track/Classroom	Physical Fitness Testing
Mar 16 - Apr 24 Grass/Gym/Classroom	Unit 6: Gymnastics/Combatives
Apr 27 - May 15	Unit 7: Volleyball

Grass/Gym/Classroom		
May 18 - May 22 Gym/Track/Classroom		Review
May 25 - May 29 Rotating		Final Exams

Ongoing and integrated Unit: Social Skills and Cooperative Activities

Ongoing Unit: Fitness and Health