

PE II

Fall 2025

Mr. Itzen

brian.itzen@hpstigers.org

[Class Syllabus](#)

Google Classroom Code(s):

Other teachers who can help me with this class:
Mrs. Laux (gym)

[Sept 1](#) [Sept 8](#) [Sept 16](#) [Sept 22](#) [Sept 29](#) [Oct 7](#) [Oct 20](#)
[Oct 28](#) [Nov 4](#) [Nov 10](#) [Nov 18](#) [Nov 24](#) [Dec 1](#) [Dec 9](#) [Dec 15](#)

Power Essentials and Learning Targets:

Date	Power Essential	Learning Target	In-Class	Assignments	Activities for Success
Thursday August 14	Procedures and Expectations	Understand and apply classroom guidelines	<ul style="list-style-type: none"> PRIDE Establish Classroom Expectations (All Classes) Physical Education Expectations 	Participation in PRIDE activity Classroom Expectations Syllabus	Follow classroom expectations/read through the syllabus.
Monday August 18	DAY 1 Power Essential #5 Students will gain an understanding of the	*Introduce Components of Fitness *Fitness Vocab *Set Goals	Warm-up Perform Pre-Fitness Test Sit & Reach Sit-ups Push-ups	*Review Fitness Zone Standards Chart. *Discuss Fitness Components 1.Flexibility 2.Cardiovascular Endurance	Students will have success if they fall into the Healthy Fitness Zone. HFZ. Students will have success if they

Date	Power Essential	Learning Target	In-Class Activities	Assignments	Activities for Success
Wednesday August 20	components of Fitness.		Pacer Agility Broad Jump 40	3.Cardiovascular Strength 4.Body Composition 5.Agility	work towards their goal and give good effort.
	DAY 2 Power Essential #5 Students will gain an understanding of the components of Fitness.	*Students will complete fitnessgram test program and evaluate results to set goals to assess progress	Warm-up Perform Pre-Fitness Test Sit & Reach Sit-ups Push-ups Pacer Agility Broad Jump 40	*Fitness Components Review *Fitness Vocab Review *Stretch on off day	Students will have success if they fall into the Healthy Fitness Zone. HFZ. Students will have success if they work towards their goal and give good effort.
	DAY 3 Power Essential #5 Students will gain an understanding of the components of Fitness.	*Complete and analyze Healthy Lifestyle Profile *Students will complete fitnessgram test program and evaluate results to set goals to assess progress	Warm-up Perform Pre-Fitness Test Sit & Reach Sit-ups Push-ups Pacer Agility Broad Jump 40	*Standards Review *Fitness Vocab Review *Stretch on off day	Students will have success if they fall into the Healthy Fitness Zone. HFZ. Students will have success if they work towards their goal and give good effort.
Tuesday August 26	VOLLEYBALL - Demonstrate and apply mature sport specific skills. Demonstrate knowledge and understanding of game strategies.	Students will play a variety of non-traditional games that will require a lot of movement to increase cardiovascular	Daily Workout Volleyball variation game. -Passing Skills -Serving Skills -Setting Skills		Participation and effort to meet the learning target and essential.

Date	Power Essential	Learning Target	In-Class Activities	Assignments	Activities for Success
Thursday August 28		endurance and sport skill level.			
	VOLLEYBALL - Demonstrate and apply mature sport specific skills. Demonstrate knowledge and understanding of game strategies.	Students will play a variety of non-traditional games that will require a lot of movement to increase cardiovascular endurance and sport skill level.	Daily Workout Volleyball variation game. -Passing Skills -Serving Skills -Setting Skills		Participation and effort to meet the learning target and essential.
Monday September 1	No School - Labor Day				
Tuesday September 2	VOLLEYBALL - Demonstrate and apply mature sport specific skills. Demonstrate knowledge and understanding of game strategies.	Students will play a variety of non-traditional games that will require a lot of movement to increase cardiovascular endurance and sport skill level.	Daily Workout Volleyball Round Robin Tournament -Utilize Proper Volleyball... -Skills -Rules		Participation and effort to meet the learning target and essential.
Thursday September 4	VOLLEYBALL - Demonstrate and apply mature sport specific skills. Demonstrate knowledge and understanding of	Students will play a variety of non-traditional games that will require a lot of movement to increase	Daily Workout Volleyball Round Robin Tournament -Utilize Proper Volleyball... -Skills		Participation and effort to meet the learning target and essential.

Date	Power Essential	Learning Target	In-Class Activities	Assignments	Activities for Success
Monday September 8	game strategies.	cardiovascular endurance and sport skill level.	-Rules		
	Racquet Sports Essential - Demonstrate and apply mature sport specific skills. Demonstrate knowledge and understanding of game strategies.	Learn a skill set in the game of Paddleball, Badminton, Ping pong.. Skills, rules, strategies, and technique will be taught through activities and drills.	Give your best effort in participating in lessons/activities. PING PONG: <ul style="list-style-type: none"> • Serving • Back Hand • Forehand • Scoring/Rally Scoring Make up class before or after school.	Bring supplies for next class period	ParticipatioParticipation and effort to meet the learning target and essential.n and effort.
	Racquet Sports Essential - Demonstrate and apply mature sport specific skills. Demonstrate knowledge and understanding of game strategies.	Learn a skill set in the game of Paddleball, Badminton, Ping pong.. Skills, rules, strategies, and technique will be taught through activities and drills.	Give your best effort in participating in lessons/activities. PING PONG: <ul style="list-style-type: none"> • Serving • Back Hand • Forehand • Scoring/Rally Scoring Make up class before or after school.	Bring supplies for next class period	ParticipatioParticipation and effort to meet the learning target and essential.n and effort.
Wednesday September 10	Racquet Sports Essential - Demonstrate and apply mature sport specific skills. Demonstrate knowledge and understanding of game strategies.	Learn a skill set in the game of Paddleball, Badminton, Ping pong.. Skills, rules, strategies, and technique will be taught through activities and drills.	Give your best effort in participating in lessons/activities. PING PONG: <ul style="list-style-type: none"> • Serving • Back Hand • Forehand • Scoring/Rally Scoring Make up class before or after school.	Bring supplies for next class period	ParticipatioParticipation and effort to meet the learning target and essential.n and effort.
Friday September 12	Racquet Sports Essential - Demonstrate and apply mature sport specific skills. Demonstrate knowledge and understanding of game strategies.	Learn a skill set in the game of Paddleball, Badminton, Ping pong.. Skills, rules, strategies, and technique will be taught through activities and drills.	Give your best effort in participating in lessons/activities. PING PONG: <ul style="list-style-type: none"> • Serving • Back Hand • Forehand • Scoring/Rally Scoring Make up class before or after school.	Bring supplies for next class period	ParticipatioParticipation and effort to meet the learning target and essential.n and effort.

Date	Power Essential	Learning Target	In-Class Activities	Assignments	Activities for Success
Tuesday September 16	Racquet Sports <i>Essential -</i> Demonstrate and apply mature sport specific skills. Demonstrate knowledge and understanding of game strategies.	Learn a skill set in the game of Paddleball, Badminton, Ping pong.. Skills, rules, strategies, and technique will be taught through activities and drills.	Give your best effort in participating in lessons/activities. PICKLEBALL: <ul style="list-style-type: none"> • Serving • Back Hand • Forehand • Scoring/Rally Scoring Make up class before or after school.	Bring supplies for next class period	ParticipatioParticipation and effort to meet the learning target and essential.n and effort.
Thursday September 18	Racquet Sports <i>Essential -</i> Demonstrate and apply mature sport specific skills. Demonstrate knowledge and understanding of game strategies.	Learn a skill set in the game of Paddleball, Badminton, Ping pong.. Skills, rules, strategies, and technique will be taught through activities and drills.	Give your best effort in participating in lessons/activities. PICKLEBALL: <ul style="list-style-type: none"> • Serving • Back Hand • Forehand • Scoring/Rally Scoring Make up class before or after school.	Bring supplies for next class period	ParticipatioParticipation and effort to meet the learning target and essential.n and effort.
Monday September 22	Racquet Sports <i>Essential -</i> Demonstrate and apply mature sport specific skills. Demonstrate knowledge and understanding of game strategies.	Learn a skill set in the game of Paddleball, Badminton, Ping pong.. Skills, rules, strategies, and technique will be taught through activities and drills.	Give your best effort in participating in lessons/activities. PICKLEBALL: <ul style="list-style-type: none"> • Serving • Back Hand • Forehand • Scoring/Rally Scoring Make up class before or after school.	Bring supplies for next class period	ParticipatioParticipation and effort to meet the learning target and essential.n and effort.
Wednesday September 24	Racquet Sports <i>Essential -</i> Demonstrate and apply mature sport specific	Learn a skill set in the game of Paddleball, Badminton, Ping pong.. Skills, rules,	Give your best effort in participating in lessons/activities. PICKLEBALL/BADMINTON: <ul style="list-style-type: none"> • Serving 	Bring supplies for next class period	ParticipatioParticipation and effort to meet the learning target and essential.n and effort.

Date	Power Essential	Learning Target	In-Class Activities	Assignments	Activities for Success
	skills. Demonstrate knowledge and understanding of game strategies.	strategies, and technique will be taught through activities and drills.	<ul style="list-style-type: none"> • Back Hand • Forehand • Scoring/Rally Scoring Make up class before or after school.		
Friday September 26	No School - Professional Development Day				
Monday September 29	Bowl Essential - Demonstrate and apply mature sport specific skills. Demonstrate knowledge and understanding of game strategies.	Students will walk to the bowling alley and bowl two games of bowling. Scores will be recorded at the end of each day as an assessment tool along technique and skill development.	Bowling -proper delivery -scoring -approach		Participation and effort to meet the learning target and essential.
Wednesday October 1	Bowl Essential - Demonstrate and apply mature sport specific skills. Demonstrate knowledge and understanding of game strategies.	Students will walk to the bowling alley and bowl two games of bowling. Scores will be recorded at the end of each day as an assessment tool along technique and skill development.	Bowling -proper delivery -scoring -approach		Participation and effort to meet the learning target and essential.
Friday October 3	Bowl Essential - Demonstrate and	Students will walk to the bowling			Participation and effort to meet the learning

Date	Power Essential	Learning Target	In-Class Activities	Assignments	Activities for Success
Tuesday October 7	apply mature sport specific skills. Demonstrate knowledge and understanding of game strategies.	alley and bowl two games of bowling. Scores will be recorded at the end of each day as an assessment tool along technique and skill development.	Bowling -proper delivery -scoring -approach		target and essential.
	Bowl Essential - Demonstrate and apply mature sport specific skills. Demonstrate knowledge and understanding of game strategies.	Students will walk to the bowling alley and bowl two games of bowling. Scores will be recorded at the end of each day as an assessment tool along technique and skill development.	Bowling -proper delivery -scoring -approach		Participation and effort to meet the learning target and essential.
	Bowl Essential - Demonstrate and apply mature sport specific skills. Demonstrate knowledge and understanding of game strategies.	Students will walk to the bowling alley and bowl two games of bowling. Scores will be recorded at the end of each day as an assessment tool along technique and skill development.	Bowling -proper delivery -scoring -approach		Participation and effort to meet the learning target and essential.
Monday					

Date	Power Essential	Learning Target	In-Class Activities	Assignments	Activities for Success
October 13					
Tuesday October 14	Pre-ACT Testing Day				
Thursday October 16	No School - Teacher Work Day				
Friday October 17	No School - PTC Payback Day				
Monday October 20					
Wednesday October 22					
Friday October 24					
Tuesday October 28					
Thursday October 30					
Friday October 31	No School - Teacher Work Day				
Tuesday November 4					
Thursday November 6					
Monday November 10					
Wednesday November 12					
Friday					

Date	Power Essential	Learning Target	In-Class Activities	Assignments	Activities for Success
November 14					
Tuesday November 18					
Thursday November 20					
Monday November 24					
Wednesday November 26	No School - Thanksgiving Break				
Thursday November 27	No School - Thanksgiving Break				
Friday November 28	No School - Thanksgiving Break				
Monday December 1					
Wednesday December 3					
Friday December 5					
Tuesday December 9					
Thursday December 11					
Monday December 15	DAY 1 Power Essential #5 Students will gain an understanding of the	*Introduce Components of Fitness *Fitness Vocab *Set Goals	Warm-up Perform Pre-Fitness Test Sit & Reach Sit-ups Push-ups	*Review Fitness Zone Standards Chart. *Discuss Fitness Components 1.Flexibility 2.Cardiovascular Endurance 3.Cardiovascular Strength	Students will have success if they fall into the Healthy Fitness Zone. HFZ. Students will have success if they work towards their goal

Date	Power Essential	Learning Target	In-Class Activities	Assignments	Activities for Success
Wednesday December 17	components of Fitness.		Pacer Agility Broad Jump 40	4.Body Composition 5.Agility	and give good effort.
	DAY 2 Power Essential #5 Students will gain an understanding of the components of Fitness.	*Students will complete fitnessgram test program and evaluate results to set goals to assess progress	Warm-up Perform Pre-Fitness Test Sit & Reach Sit-ups Push-ups Pacer Agility Broad Jump 40	*Fitness Components Review *Fitness Vocab Review *Stretch on off day	Students will have success if they fall into the Healthy Fitness Zone. HFZ. Students will have success if they work towards their goal and give good effort.
Thursday December 18					
Friday December 19	DAY 3 Power Essential #5 Students will gain an understanding of the components of Fitness.	*Complete and analyze Healthy Lifestyle Profile *Students will complete fitnessgram test program and evaluate results to set goals to assess progress	Warm-up Perform Pre-Fitness Test Sit & Reach Sit-ups Push-ups Pacer Agility Broad Jump 40	*Standards Review *Fitness Vocab Review *Stretch on off day	Students will have success if they fall into the Healthy Fitness Zone. HFZ. Students will have success if they work towards their goal and give good effort.