

December 2019

Health & Physical Education Instructional Calendar

Targets	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
I can do my best during fitness warm-ups.	2 Bukva - Volleyball Jordan- Health Michaelis - Hockey Pearson - Volleyball Power- Volleyball	3 Bukva - Volleyball Jordan- Health Michaelis - Hockey Pearson - Volleyball Power- Volleyball	4 Bukva - Volleyball Jordan- Health Michaelis - Hockey Pearson - Volleyball Power- Volleyball	5 Bukva - Volleyball Jordan- Health Michaelis - Hockey Pearson - Volleyball Power- Volleyball	6 Bukva - Volleyball Jordan- Health Michaelis - Hockey Pearson - Volleyball Power- Volleyball
I will be able to communicate, problem solve and cooperate with others in class.	9 Bukva - Volleyball Jordan & Michaelis- Reindeer Games Pearson -Volleyball Power- Volleyball	10 Bukva - Volleyball Jordan & Michaelis- Reindeer Games Pearson -Volleyball Power- Volleyball	11 Bukva - Volleyball Jordan & Michaelis- Reindeer Games Pearson -Volleyball Power- Volleyball	12 Bukva - Volleyball Jordan & Michaelis- Reindeer Games Pearson -Volleyball Power- Volleyball	13 Bukva - Volleyball Jordan & Michaelis- Reindeer Games Pearson -Volleyball Power- Volleyball
I will be safe and act appropriately in all aspects of physical education class.	16 Bukva - Volleyball Jordan & Michaelis- Reindeer Games Pearson -Volleyball Power- Volleyball	17 Bukva - Volleyball Jordan & Michaelis- Reindeer Games Pearson -Volleyball Power- Volleyball	18 Bukva - Volleyball Jordan & Michaelis- Reindeer Games Pearson -Volleyball Power- Volleyball	19 Bukva - Volleyball Jordan & Michaelis- Reindeer Games Pearson -Volleyball Power- Volleyball	20 Bukva - Volleyball Jordan & Michaelis- Reindeer Games Pearson -Volleyball Power- Volleyball
I will be able to demonstrate and apply movement forms in a variety of activities.	23	24	25	26	27
I will be able to manipulate an object with an implement.					
I will be able to demonstrate offensive and/or defensive strategies.	30	31			
I will be able to demonstrate offensive and/or defensive strategies.					

Winter Break

Content Vocabulary

- Agility
- Resistance
- Speed
- Cooperation
- Teamwork

- Dribbling
- Passing
- Bump
- Set
- Spike
- Serve
- Rotate

- Mental Health
- Emotional Health
- Social Health
- Nutrition
- Nervous System
- Urinary System
- Communicable diseases
- Non communicable diseases
- Body Image
- Stress
- Circulatory System