

February 2020

Health & Physical Education Instructional Calendar

Targets	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>I can do my best during fitness warm-ups.</p> <p>I will be able to communicate, problem solve and cooperate with others in class.</p> <p>I will be safe and act appropriately in all aspects of physical education class.</p> <p>I will be able to demonstrate and apply movement forms in a variety of activities.</p> <p>I will be safe and use the 11 steps to Archery success.</p> <p>I will be able to strike a ball.</p> <p>I will be able to volley.</p>	3 Bukva - Handball Jordan - Badminton Michaelis - Health Pearson - Soccer Power - Handball	4 Bukva - Handball Jordan - Badminton Michaelis - Health Pearson - Soccer Power - Handball	5 Bukva - Handball Jordan - Badminton Michaelis - Health Pearson - Soccer Power - Handball	6 Bukva - Handball Jordan - Badminton Michaelis - Health Pearson - Soccer Power - Handball	7 Bukva - Handball Jordan - Badminton Michaelis - Health Pearson - Soccer Power - Handball
	10 Bukva - Handball Jordan - Badminton Michaelis - Health Pearson - Soccer Power - Handball	11 Bukva - Handball Jordan - Badminton Michaelis - Health Pearson - Soccer Power - Handball	12 Bukva - Handball Jordan - Badminton Michaelis - Health Pearson - Soccer Power - Handball	13 Bukva - Handball Jordan - Badminton Michaelis - Health Pearson - Soccer Power - Handball	14 Bukva - Handball Jordan - Badminton Michaelis - Health Pearson - Soccer Power - Handball
	17 NO SCHOOL	18 Bukva – Cooperative Activities Jordan - Health Michaelis - Badminton Pearson - Archery Power - Cooperative Activites	19 Bukva – Cooperative Activities Jordan - Health Michaelis - Badminton Pearson - Archery Power - Cooperative Activites	20 Bukva – Cooperative Activities Jordan - Health Michaelis - Badminton Pearson - Archery Power - Cooperative Activites	21 Bukva – Cooperative Activities Jordan - Health Michaelis - Badminton Pearson - Archery Power - Cooperative Activites
	24 Bukva – Cooperative Activities Jordan - Health Michaelis - Badminton Pearson - Archery Power - Cooperative Activites	25 Bukva – Cooperative Activities Jordan - Health Michaelis - Badminton Pearson - Archery Power - Cooperative Activites	26 Bukva – Cooperative Activities Jordan - Health Michaelis - Badminton Pearson - Archery Power - Cooperative Activites	27 Bukva – Cooperative Activities Jordan - Health Michaelis - Badminton Pearson - Archery Power - Cooperative Activites	28 Bukva – Cooperative Activities Jordan - Health Michaelis - Badminton Pearson - Archery Power - Cooperative Activites

Content Vocabulary

- Muscular Strength
- Muscular Endurance
- Cardiorespiratory Endurance
- Flexibility

- Agility
- Resistance
- Speed

- Cooperation
- Teamwork

- Cardiovascular System
- Nervous System
- Urinary System
- Mental/Emotional Health
- Stress Management
- Substance Abuse
- Safety & Injury Prevention
- Healthy Relationships
- Healthy Environment