



**March 2020**  
 Health & Physical Education  
 Instructional Calendar

Targets	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
I can do my best during fitness warm-ups.	<b>2</b> Bukva- Cooperative games Jordan- Health Michaelis- Net Games Pearson- Cooperative games Power- Cooperative games	<b>3</b> <b>NO SCHOOL</b>	<b>4</b> Bukva- Cooperative games Jordan- Health Michaelis- Net Games Pearson- Cooperative games Power- Cooperative games	<b>5</b> Bukva- Cooperative games Jordan- Health Michaelis- Net Games Pearson- Cooperative games Power- Cooperative games	<b>6</b> Bukva- Cooperative games Jordan- Health Michaelis- Net Games Pearson- Cooperative games Power- Cooperative games
	I will be able to communicate, problem solve and cooperate with others in class.		<b>9</b> Bukva- Team Games Jordan- Field Games Michaelis- Net Games Pearson- Health Power- Team Games	<b>11</b> Bukva- Team Games Jordan- Field Games Michaelis- Net Games Pearson- Health Power- Team Games	<b>12</b> Bukva- Team Games Jordan- Field Games Michaelis- Net Games Pearson- Health Power- Team Games
I will be safe and act appropriately in all aspects of physical education class.	<b>16</b> Bukva- Team Games Jordan- Field Games Michaelis- Net Games Pearson- Health Power- Team Games	<b>17</b> Bukva- Team Games Jordan- Field Games Michaelis- Net Games Pearson- Health Power- Team Games	<b>18</b> Bukva- Team Games Jordan- Field Games Michaelis- Net Games Pearson- Health Power- Team Games	<b>19</b> Bukva- Team Games Jordan- Field Games Michaelis- Net Games Pearson- Health Power- Team Games	<b>20</b> Bukva- Team Games Jordan- Field Games Michaelis- Net Games Pearson- Health Power- Team Games
I will be able to demonstrate and apply movement forms in a variety of activities.	<b>23</b> Bukva- Team Games Jordan- Field Games Michaelis- Net Games Pearson- Health Power- Team Games	<b>24</b> Bukva- Team Games Jordan- Field Games Michaelis- Net Games Pearson- Health Power- Team Games	<b>25</b> Bukva- Team Games Jordan- Field Games Michaelis- Net Games Pearson- Health Power- Team Games	<b>26</b> Bukva- Team Games Jordan- Field Games Michaelis- Net Games Pearson- Health Power- Team Games	<b>27</b> Bukva- Team Games Jordan- Field Games Michaelis- Net Games Pearson- Health Power- Team Games
I will be able to strike a ball.					
I will be able to rally using a long-handled implement.					
I will be able to ride a bicycle safely and follow all rules and procedures.	<b>30</b> <b>Teacher Work Day</b>	<b>31</b> Bukva- Health Jordan- Rec Games Michaelis- Bicycling Pearson- Field Games Power- Field Games	<b>1</b> Bukva- Health Jordan- Rec Games Michaelis- Bicycling Pearson- Field Games Power- Field Games	<b>2</b> Bukva- Health Jordan- Rec Games Michaelis- Bicycling Pearson- Field Games Power- Field Games	<b>3</b> Bukva- Health Jordan- Rec Games Michaelis- Bicycling Pearson- Field Games Power- Field Games

<u><i>Content Vocabulary</i></u>
-Muscular Strength
-Muscular Endurance
-Cardiorespiratory Endurance
-Flexibility
-Balance
-Agility
-Resistance
-Speed
-Cooperation
-Teamwork
-Substance Abuse
-Mental/Emotional Health
-Stress Management
-Safety & Injury Prevention
-Healthy Relationships
-Healthy Environment