

September 2019

Health & Physical Education Instructional Calendar

Targets	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
I can do my best during fitness warm-ups.	NO SCHOOL	3 FITNESS TESTING	4 FITNESS TESTING	5 FITNESS TESTING	6 FITNESS TESTING
I will be able to communicate, problem solve and cooperate with others in class.					
I will be safe and act appropriately in all aspects of physical education class.	9 FITNESS TESTING	10 FITNESS TESTING	11 FITNESS TESTING	12 FITNESS TESTING	13 FITNESS TESTING
I will be able to demonstrate and apply movement forms in a variety of activities.					
I will be able to manipulate an object with an implement.	16 Bukva- Archery Jordan- Flag Football Michaelis- Flag Football Pearson- Basketball Power-Kickball & Health	17 Bukva- Archery Jordan- Flag Football Michaelis- Flag Football Pearson- Basketball Power-Kickball & Health	18 Bukva- Archery Jordan- Flag Football Michaelis- Flag Football Pearson- Basketball Power-Kickball & Health	19 Bukva- Archery Jordan- Flag Football Michaelis- Flag Football Pearson- Basketball Power-Kickball & Health	20 Bukva- Archery Jordan- Flag Football Michaelis- Flag Football Pearson- Basketball Power-Kickball & Health
I will be able to demonstrate offensive and/or defensive strategies.					
I can catch a football.	23 Bukva- Archery Jordan- Flag Football Michaelis- Flag Football Pearson- Basketball Power-Kickball & Health	24 Bukva- Archery Jordan- Flag Football Michaelis- Flag Football Pearson- Basketball Power-Kickball & Health	25 Bukva- Archery Jordan- Flag Football Michaelis- Flag Football Pearson- Basketball Power-Kickball & Health	26 Bukva- Archery Jordan- Flag Football Michaelis- Flag Football Pearson- Basketball Power-Kickball & Health	27 Bukva- Archery Jordan- Flag Football Michaelis- Flag Football Pearson- Basketball Power-Kickball & Health
I can do a bounce, chest, and overhead pass.					
I will be able to throw a ball properly to a target.	30 Bukva- Archery Jordan- Flag Football Michaelis- Flag Football Pearson- Basketball Power-Kickball & Health	1 Bukva- Archery Jordan- Flag Football Michaelis- Flag Football Pearson- Basketball Power-Kickball & Health	2 Bukva- Archery Jordan- Flag Football Michaelis- Flag Football Pearson- Basketball Power-Kickball & Health	3 Bukva- Archery Jordan- Flag Football Michaelis- Flag Football Pearson- Basketball Power-Kickball & Health	4 Bukva- Archery Jordan- Flag Football Michaelis- Flag Football Pearson- Basketball Power-Kickball & Health
I will be able to identify the 11 steps of archery.					

Content Vocabulary

- Agility
- Resistance
- Speed
- Cooperation
- Teamwork

- Dribbling
- Passing
- Routes
- Lanes
- Zones
- Downs

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