

October 2019

Health & Physical Education Instructional Calendar

Targets	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
I can do my best during fitness warm-ups.	30 Bukva- Archery Jordan- Flag Football Michaelis- Flag Football Pearson- Basketball Power- Health	1 Bukva- Archery Jordan- Flag Football Michaelis- Flag Football Pearson- Basketball Power- Health	2 Bukva- Archery Jordan- Flag Football Michaelis- Flag Football Pearson- Basketball Power- Health	3 Bukva- Archery Jordan- Flag Football Michaelis- Flag Football Pearson- Basketball Power- Health	4 Bukva- Archery Jordan- Flag Football Michaelis- Flag Football Pearson- Basketball Power- Health
I will be able to communicate, problem solve and cooperate with others in class.	7 Bukva- Football Jordan- Cooperative games Michaelis- Health Pearson- Football Power- Soccer	8 Bukva- Football Jordan- Cooperative games Michaelis- Health Pearson- Football Power- Soccer	9 Bukva- Football Jordan- Cooperative games Michaelis- Health Pearson- Football Power- Soccer	10 Bukva- Football Jordan- Cooperative games Michaelis- Health Pearson- Football Power- Soccer	11 Bukva- Football Jordan- Cooperative games Michaelis- Health Pearson- Football Power- Soccer
I will be safe and act appropriately in all aspects of physical education class.	14 No School for Students. Professional Development Day	15 Bukva- Football Jordan- Cooperative games Michaelis- Health Pearson- Football Power- Soccer	16 Bukva- Football Jordan- Cooperative games Michaelis- Health Pearson- Football Power- Soccer	17 Bukva- Football Jordan- Cooperative games Michaelis- Health Pearson- Football Power- Soccer	18 Bukva- Football Jordan- Cooperative games Michaelis- Health Pearson- Football Power- Soccer
I will be able to demonstrate and apply movement forms in a variety of activities.	21 Bukva- Football Jordan- Cooperative games Michaelis- Health Pearson- Football Power- Soccer	22 Bukva- Football Jordan- Cooperative games Michaelis- Health Pearson- Football Power- Soccer	23 Bukva- Football Jordan- Cooperative games Michaelis- Health Pearson- Football Power- Soccer	24 Bukva- Football Jordan- Cooperative games Michaelis- Health Pearson- Football Power- Soccer	25 Bukva- Football Jordan- Cooperative games Michaelis- Health Pearson- Football Power- Soccer
I will be able to manipulate an object with an implement.	28 Bukva- Basketball Jordan- Basketball Michaelis- Archery Pearson- Health Power- Football	29 Bukva- Basketball Jordan- Basketball Michaelis- Archery Pearson- Health Power- Football	30 Bukva- Basketball Jordan- Basketball Michaelis- Archery Pearson- Health Power- Football	31 Bukva- Basketball Jordan- Basketball Michaelis- Archery Pearson- Health Power- Football	1 Bukva- Basketball Jordan- Basketball Michaelis- Archery Pearson- Health Power- Football
I will be able to demonstrate offensive and/or defensive strategies.					
I can catch a football.					
I can do a bounce, chest, and overhead pass.					
I will be able to throw a ball properly to a target.					
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