





November 2019

Health & Physical Education Instructional Calendar

Targets	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
I can do my best during fitness warm-ups.					1 Bukva - Basketball Jordan - Basketball Michaelis - Archery Pearson - Health Power - Football
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.	4 No School Teacher Professional Development/ Workday	5 No School Teacher Professional Development/ Workday	6 Bukva - Basketball Jordan - Basketball Michaelis - Archery Pearson - Health Power - Football	7 Bukva - Basketball Jordan - Basketball Michaelis - Archery Pearson - Health Power - Football	8 Bukva - Basketball Jordan - Basketball Michaelis - Archery Pearson - Health Power - Football
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.	11 NO SCHOOL VETERANS DAY 	12 Bukva - Basketball Jordan - Basketball Michaelis - Archery Pearson - Health Power - Football	13 Bukva - Basketball Jordan - Basketball Michaelis - Archery Pearson - Health Power - Football	14 Bukva - Basketball Jordan - Basketball Michaelis - Archery Pearson - Health Power - Football	15 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.	18 Bukva - Volleyball Jordan - Health Michaelis - Hockey Pearson - Volleyball Power - Volleyball	19 Bukva - Volleyball Jordan - Health Michaelis - Hockey Pearson - Volleyball Power - Volleyball	20 Bukva - Volleyball Jordan - Health Michaelis - Hockey Pearson - Volleyball Power - Volleyball	21 Bukva - Volleyball Jordan - Health Michaelis - Hockey Pearson - Volleyball Power - Volleyball	22 Bukva - Volleyball Jordan - Health Michaelis - Hockey Pearson - Volleyball Power - Volleyball
I can do a bounce, chest, and overhead pass.					
I will be able to demonstrate offensive and/or defensive strategies.	25 Bukva - Volleyball Jordan - Health Michaelis - Hockey Pearson - Volleyball Power - Volleyball	26 Bukva - Volleyball Jordan - Health Michaelis - Hockey Pearson - Volleyball Power - Volleyball	27 THANKSGIVING BREAK 	28 THANKSGIVING BREAK 	29 THANKSGIVING BREAK 
I will know the 11 steps of archery success.					

Content Vocabulary

- Agility
- Resistance
- Speed
- Cooperation
- Teamwork

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

- Mental Health
- Emotional Health
- Social Health
- Nutrition
- Nervous System
- Urinary System
- Communicable diseases
- Non communicable diseases