
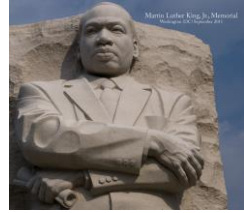


January 2020

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 able to manipulate an object with and without an implement.</p> <p>I will be able to demonstrate offensive and/or defensive strategies.</p>			1	2	3
	<p>Winter Break</p>		<p>2020</p>	<p>Winter Break</p>	<p>Winter Break</p>
	<p>6 Bukva - Health Jordan- Volleyball Michaelis-Volleyball Pearson - Hockey Power- Hockey</p>	<p>7 Bukva - Health Jordan- Volleyball Michaelis-Volleyball Pearson - Hockey Power- Hockey</p>	<p>8 Bukva - Health Jordan- Volleyball Michaelis-Volleyball Pearson - Hockey Power- Hockey</p>	<p>9 Bukva - Health Jordan- Volleyball Michaelis-Volleyball Pearson - Hockey Power- Hockey</p>	<p>10 Bukva - Health Jordan- Volleyball Michaelis-Volleyball Pearson - Hockey Power- Hockey</p>
	<p>13 Bukva - Health Jordan- Volleyball Michaelis-Volleyball Pearson - Hockey Power- Hockey</p>	<p>14 Bukva - Health Jordan- Volleyball Michaelis-Volleyball Pearson - Hockey Power- Hockey</p>	<p>15 Bukva - Health Jordan- Volleyball Michaelis-Volleyball Pearson - Hockey Power- Hockey</p>	<p>16 Bukva - Health Jordan- Volleyball Michaelis-Volleyball Pearson - Hockey Power- Hockey</p>	<p>17 Bukva - Health Jordan- Volleyball Michaelis-Volleyball Pearson - Hockey Power- Hockey</p>
	<p>20 No School</p> 	<p>21 Bukva - Health Jordan- Volleyball Michaelis-Volleyball Pearson - Hockey Power- Hockey</p>	<p>22 Bukva - Health Jordan- Volleyball Michaelis-Volleyball Pearson - Hockey Power- Hockey</p>	<p>23 Bukva - Health Jordan- Volleyball Michaelis-Volleyball Pearson - Hockey Power- Hockey</p>	<p>24 Bukva - Health Jordan- Volleyball Michaelis-Volleyball Pearson - Hockey Power- Hockey</p>
	<p>27 Teacher Workday</p> <p>No school for students</p>	<p>28 Bukva - Handball Jordan- Badminton Michaelis- Health Pearson - Soccer Power- Handball</p>	<p>29 Bukva - Handball Jordan- Badminton Michaelis- Health Pearson - Soccer Power- Handball</p>	<p>30 Bukva - Handball Jordan- Badminton Michaelis- Health Pearson - Soccer Power- Handball</p>	<p>31 Bukva - Handball Jordan- Badminton Michaelis- Health Pearson - Soccer Power- Handball</p>

Content Vocabulary

- Agility
- Resistance
- Speed
- Cooperation
- Teamwork

- Bump
- Set
- Spike
- Serve
- Rotate

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