

## 45-DAY PACING GUIDE

**Course Title:** Physical Education    **Course #:** 520AF, 520AS, 521AF, AND 521AS

**Course Description:** Students will participate in Walking, Badminton, Volleyball, Hockey, Basketball and Soccer. Students will participate in moderate to vigorous physical activities at least 4 days each week. Students will take Self-Responsibility and act independently of negative peer pressure during physical activity. Students will participate in Group Dynamics to recognize and evaluate the role of cooperation and positive interaction with others when participating in physical activity. Making students WHOLE (Well, Happy, Organized, Learned, and Excellent) before, during and after class activity.

DAY	DATE	UNIT OF STUDY	UNIT OBJECTIVE	ASSESSMENT	POINTS
1		Walking	Syllabus, Course Outline, Class expectations 1. Participate in moderate to vigorous physical activities 2. Act independently of negative peer pressure during physical activity. 3. Participate in Group Dynamics. 4. WHOLE, Class participation	Parent letter signed 1. Daily Writing 2. Daily WHOLE 3. Daily Mile 1. Circle Map-class Syllabus	10 10 week 20 week 50 week 10
2					
3					
4		Badminton	1. Participate in moderate to vigorous physical activities	1. Daily Writing	10 week
5			2. Act independently of negative peer pressure during physical activity.	2. Daily WHOLE	20 week
6			3. Participate in Group Dynamics.	3. Daily Mile	50 week
7			4. WHOLE, Class participation	4. Daily Sport and Exercise	20 week 20 week
8				5. Circle Map Badminton	10
9		Badminton		1. Daily Writing	10 week
10				2. Daily WHOLE	20 week
11				3. Daily Mile	50 week
12				4. Daily Sport and Exercise	20 week 20 week
13		Volleyball	1. Participate in moderate to vigorous physical activities	1. Daily Writing	10 week
14			2. Act independently of negative peer pressure during physical activity.	2. Daily WHOLE	20 week
15			3. Participate in Group Dynamics.	3. Daily Mile	50 week
16			4. WHOLE, Class participation	4. Daily Sport and Exercise	20 week 20 week
17					
18		Volleyball		1. Daily Writing	10 week

DAY	DATE	UNIT OF STUDY	UNIT OBJECTIVE	ASSESSMENT	POINTS
19				2. Daily WHOLE	20 week
20				3. Daily Mile	50 week
21				4. Daily Sport and Exercise	20 week 20 week
22				1. Bubble Map Volleyball	10
23		Hockey	1. Participate in moderate to vigorous physical activities	1. Daily Writing	10 week
24			2. Act independently of negative peer pressure during physical activity.	2. Daily WHOLE	20 week
25			3. Participate in Group Dynamics.	3. Daily Mile	50 week
26			4. WHOLE, Class participation	4. Daily Sport and Exercise	20 week 20 week
27					
28		Hockey		1. Daily Writing	10 week
29				2. Daily WHOLE	20 week
30				3. Daily Mile	50 week
31				4. Daily Sport and Exercise	20 week 20 week
32				1. Double Bubble Map Volleyball/Hockey	10
33		Basketball	1. Participate in moderate to vigorous physical activities	1. Daily Writing	10 week
34			2. Act independently of negative peer pressure during physical activity.	2. Daily WHOLE	20 week
35			3. Participate in Group Dynamics.	3. Daily Mile	50 week
36			4. WHOLE, Class participation	4. Daily Sport and Exercise	20 week 20 week
37					
38		Basketball		1. Daily Writing	10 week
39				2. Daily WHOLE	20 week
40				3. Daily Mile	50 week
41				4. Daily Sport and Exercise	20 week 20 week
42				1. Tree Map –Four Favorite Sports	10
43		Soccer	1. Participate in moderate to vigorous physical activities	1. Daily Writing	10 week
44			2. Act independently of negative peer pressure during physical activity.	2. Daily WHOLE	20 week
			3. Participate in Group Dynamics.	3. Daily Walking	50 week
45			4. WHOLE, Class participation	4. Daily Sport and Exercise	20 week

Notes:

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