**PE Crs 1 Outline**

This is the planned schedule for the school year. Our **Fitness Days** are scheduled for a minimum of one day per week. Students are expected to be dressed in the PE uniform every day unless advised not to and must bring their chromebook or notebook when requested for note taking. No other items are to be brought to class. Activities are subject to change but students will be informed in advance.

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| **Unit Dates/ Locations** |  | **Unit/Activity** |
| Aug 14 - Aug 18Gym |  | Syllabus, PE clothes, Locker assignments, Get to know each other bonding activities.  |
| Aug 21 - Sep 01Gym/Classroom |  | Introduction to PE Course 1PFT components Baseline Testing  |
| Sep 05 - Sep 29Track/Field |  | Unit 1: Flag Football  |
| Oct 02 - Oct 27Field/Track |  | Unit 2: Soccer  |
| Oct 31 - Dec 1Gym |  | Unit 3: Basketball  |
| Dec 04 - Dec 18Gym/Track |  | Volleyball |
| Dec 19 - Dec 21Rotating |  | Fall Final Exams |
| Dec 22 - Jan 05 |  | Winter Recess |
| Jan 08 - Feb 02Track/Field |  | Unit 4: Team handball |
| Feb 05 - March 01Field/Track |  | Unit 5: Capture the Flag |
| Mar 04 - Mar 15Gym/Track/Classroom |  | Physical Fitness Testing  |
| Mar 18 - Apr 19Track/ Field |  | Unit 6: Kickball |
| Apr 22 - May 27Track/Field |  | Unit 7: Soccer |
| May 28 - May 30 Rotation |  | Final Exams |
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Ongoing and integrated Unit: Social Skills and Cooperative Activities

Ongoing Unit: Fitness and Health