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