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| *Revised October 2014* | | | | |
| 1st Nine Weeks | | | | |
|  | **Topic** | **Eligible Content/**  **Standards** | **Details** | **Resources** |
|  | INTRO., HEIGHT, WEIGHT |  | Introduce classroom rules and do height and weight for Nurse. | Scales |
|  | Golf | 10.4.3.A, 10.4.3.B, 10.4.3.D, 10.4.3.E | The students will learn the grip and swing of the putter and chipper. They will also learn the importance of targeting and speed of the ball. | Gym floor, SNAG golf equipment |
|  | Football | 10.4.6.A, 10.4.6.E | The students will be able to perform the following skills in football: throwing, catching, kicking, and punting. They will be able to apply some of those skills in a modified game. And they will have an understanding of different positions and what their roles are. | Gym floor, foam footballs, kicking tees, white board or poster |
|  | Health | 10.1.3.D | The students will be able to list 5 effects of tobacco on the body. | T.V., DVD player, DVD |
|  | Movement/Locomotor skills | 10.4.3A, 10.4.3.E | The students will be able to use the movement and locomotor skills of: run, hop, skip, jump, gallop, throw, and catch during various games. | Gym floor |
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| 2nd Nine Weeks | | | | |
|  | **Topic** | **Eligible Content/**  **Standards** | **Details** | **Resources** |
|  | Soccer | 10.4.3.A, 10.4.3.B, 10.4.3.D, 10.4.3.E | The students will be able to kick a soccer ball, trap a soccer ball, pass a soccer ball, head a soccer ball, perform a 2 hand over head throwin, and kick and score a goal. The students will be able to apply some of those skills in a modified soccer game. | Gym floor, soccer balls |
|  | Basketball | 10.4.3.A, 10.4.3.B, 10.4.3.D, 10.4.3.E | The students will be able to do the following skills: dribble, pass, and shoot (foul shots and layups) on a modified basket. The students will apply those skills in a modified basketball game. | Gym floor, Basketball baskets, Basketballs |
|  | Health | 10.1.3.D | The students will be able to list 5 effects of alcohol on the body. | T.V., DVD player, DVD |
|  | Movement/Locomotor skills | 10.4.3A, 10.4.3.E | The students will be able to use the movement and locomotor skills of: run, hop, skip, jump, gallop, throw, and catch during various games. | Gym floor |
|  | Volleyball | 10.4.6.A, 10.4.6.E | The students will be able to perform the bump, set, and underhand serve in volleyball. The students will be able to apply those skills in a game. | Gym, volleyballs, volleyball net |
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| 3rd Nine Weeks | | | | |
|  | **Topic** | **Eligible Content/**  **Standards** | **Details** | **Resources** |
|  | Movement/Locomotor skills | 10.4.3A, 10.4.3.E | The students will be able to use the movement and locomotor skills of: run, hop, skip, jump, gallop, throw, and catch during various games. | Gym floor |
|  | Walking/Pedometer | 10.4.3.A, 10.4.3.B, 10.4.3.E | The students will be able to walk for 30 min., using a pedometer and record the number of steps taken. | Gym floor, pedometers, chart, pencil |
|  | Dance | 10.4.6A, | The students will learn the motor skills and rhythmic movements needed to do various line dances. | Gym floor, CD player, CD |
|  | Health | 10.1.3.D | The students will be able to list 5 effects of drugs on the body. | T.V., DVD player, DVD |
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| 4th Nine Weeks | | | | |
|  | **Topic** | **Eligible Content/**  **Standards** | **Details** | **Resources** |
|  | Movement/Locomotor skills | 10.4.3A, 10.4.3.E | The students will be able to use the movement and locomotor skills of: run, hop, skip, jump, gallop, throw, and catch during various games. | Gym floor |
|  | Aerobics | 10.4.3.A, 10.4.3.B, 10.4.3.E | The students will be able to perform different simple aerobic routines. | Gym floor, T.V., DVD player, DVD |
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|  | Health | 10.1.3.C | The students will be able to list 5 effects of proper nutrition on the body. | T.V., DVD player, DVD |
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