

Month	Content	Performance Standards Addressed	Skills for Student Achievement	Assessment
September	Physical Skill Knowledge Physical Activity Level of fitness Behavioral skills Intrinsic Value	All standards are a work in progress and are constantly being built on throughout the year.	Soccer Flag Football Speed ball Fitness Test Safety Activity Games	<ul style="list-style-type: none"> <li>• Observation</li> <li>• Participation</li> <li>• Written test</li> </ul>
October	Physical Skill Knowledge Physical Activity Level of fitness Behavioral skills Intrinsic Value	All standards are a work in progress and are constantly being built on throughout the year.	Skill Fitness Test Football games Soccer games Tennis skills Tennis games Safety Activity games	<ul style="list-style-type: none"> <li>• Observation</li> <li>• Participation</li> <li>• Written test</li> </ul>
November	Physical Skill Knowledge Physical Activity Level of fitness Behavioral skills Intrinsic Value	All standards are a work in progress and are constantly being built on throughout the year.	Volleyball skills Cross Country activity Badminton Volleyball games Activity games	<ul style="list-style-type: none"> <li>• Observation</li> <li>• Participation</li> <li>• Written test</li> </ul>
December	Physical Skill Knowledge Physical Activity Level of fitness Behavioral skills Intrinsic Value	All standards are a work in progress and are constantly being built on throughout the year.	Badminton games Walking activity Weight lifting Hockey skills Activity games Safety	<ul style="list-style-type: none"> <li>• Observation</li> <li>• Participation</li> </ul>
January	Physical Skill Knowledge Physical Activity Level of fitness Behavioral skills Intrinsic Value	All standards are a work in progress and are constantly being built on throughout the year.	Hockey games Basketball skills Basketball games Safety	<ul style="list-style-type: none"> <li>• Observation</li> <li>• Participation</li> <li>• Written test</li> </ul>
February	Physical Skill Knowledge Physical Activity Level of fitness Behavioral skills Intrinsic Value	All standards are a work in progress and are constantly being built on throughout the year.	Large Group Games <ul style="list-style-type: none"> <li>• Frisbee</li> <li>• Cage ball</li> <li>• Ball games</li> <li>• Tagging games</li> <li>• Basketball tourney 3-on-3</li> </ul>	<ul style="list-style-type: none"> <li>• Observation</li> <li>• Participation</li> </ul>
March	Physical Skill Knowledge Physical Activity Level of fitness Behavioral skills Intrinsic Value	All standards are a work in progress and are constantly being built on throughout the year.	Self defense Shuffle board Ping pong Softball skills Fitness testing Activity games	<ul style="list-style-type: none"> <li>• Observation</li> <li>• Participation</li> </ul>
April	Physical Skill Knowledge Physical Activity Level of fitness Behavioral skills Intrinsic Value	All standards are a work in progress and are constantly being built on throughout the year.	Softball games Golf skills Fitness testing Track skills	<ul style="list-style-type: none"> <li>• Observation</li> <li>• Participation</li> <li>• Written test</li> </ul>
May	Physical Skill Knowledge Physical Activity Level of fitness Behavioral skills Intrinsic Value	All standards are a work in progress and are constantly being built on throughout the year.	Archery Softball games Track activity Walking activity Activity games	<ul style="list-style-type: none"> <li>• Observation</li> <li>• Participation</li> <li>• Written test</li> </ul>