

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 (5 days) <ul style="list-style-type: none"> <li>Dribbling, Passing, Shooting, Positions, Game play, Strategies, Knowledge</li> </ul> Flag football (5 days) <ul style="list-style-type: none"> <li>Passing, catching, defense/offense, positions, game play, knowledge</li> </ul> Games (1 day)	<ul style="list-style-type: none"> <li>Participation</li> <li>Written work</li> <li>Skill tests</li> <li>Observations</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.	Cross Country (2 days) <ul style="list-style-type: none"> <li>Running (cardiovascular), teamwork, knowledge</li> </ul> Mile Run (1 day) <ul style="list-style-type: none"> <li>Fitness test</li> </ul> Fitness Testing (2 days) <ul style="list-style-type: none"> <li>Muscular strength, endurance, flexibility, speed, agility</li> </ul> Volleyball (5 days) <ul style="list-style-type: none"> <li>Bumping, setting, serving, knowledge, game play</li> </ul> Games (1 day)	<ul style="list-style-type: none"> <li>Participation</li> <li>Timed mile</li> <li>Timed &amp; measured fitness tests</li> <li>Written test – VB</li> <li>Observation</li> <li>Skill tests</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.	Swimming (5 days) <ul style="list-style-type: none"> <li>Front crawl, elementary backstroke, diving, underwater swimming, elementary forms of rescue, water games, laps</li> </ul> Basketball (5 days) <ul style="list-style-type: none"> <li>Ball handling, dribbling, passing, shooting, offense, defense, 3-on-3, knowledge, game play</li> </ul>	<ul style="list-style-type: none"> <li>Participation</li> <li>Skills tests</li> <li>Written work</li> <li>Written test</li> <li>Observation</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 (5 days) <ul style="list-style-type: none"> <li>Grip, serve, 4 shots, scoring, game play</li> </ul> Games (2 days) Floor Hockey (2 days) <ul style="list-style-type: none"> <li>Rules &amp; conduct, stick handling, game play</li> </ul>	<ul style="list-style-type: none"> <li>Observation</li> <li>Written test</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.	Weight training (3 days) <ul style="list-style-type: none"> <li>Technique, safety, circuit, record keeping, demonstrations</li> </ul> Whiffle Ball (softball) (2-3 days) <ul style="list-style-type: none"> <li>Rules, slowpitch, catching, throwing, batting, game play</li> </ul> Games (1 day) Fitness (1 day) Final (1 day)	
January (Semester 2)	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.	Basketball (3 days) <ul style="list-style-type: none"> <li>Ball handling, dribbling, passing, shooting, offense, defense</li> </ul>	<ul style="list-style-type: none"> <li>Participation</li> <li>Observation</li> <li>Record keeping</li> <li>Written test</li> <li>Written work</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.	Basketball (2 days) <ul style="list-style-type: none"> <li>3-on-3, knowledge, game play</li> </ul> Swimming (5 days) <ul style="list-style-type: none"> <li>Front crawl, elementary backstroke, diving, underwater swim, elementary forms of rescue, water games, laps</li> </ul> Floor Hockey (2 days) <ul style="list-style-type: none"> <li>Rules and conduct, stick handling, game play</li> </ul> Games (2 days)	<ul style="list-style-type: none"> <li>Participation</li> <li>Observation</li> <li>Written test</li> <li>Skill tests</li> </ul>
March	Physical Skill Knowledge Physical Activity	All standards are a work in progress and are constantly being built on throughout the year.	Badminton (5 days) <ul style="list-style-type: none"> <li>Grip, serve, 4 shots, scoring, game play</li> </ul>	<ul style="list-style-type: none"> <li>Participation</li> <li>Observation</li> </ul>

	Level of fitness Behavioral skills Intrinsic Value	year.	Weight training (3 days) <ul style="list-style-type: none"> <li>• Technique, safety, circuit, record keeping, demonstrations</li> </ul> Volleyball (5 days) <ul style="list-style-type: none"> <li>• Bumping, setting, serving, knowledge, game play</li> </ul>	<ul style="list-style-type: none"> <li>• Written test</li> <li>• Record keeping</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.	Fitness Testing (2 days) <ul style="list-style-type: none"> <li>• Muscular strength, endurance, flexibility, speed, agility</li> </ul> Track & Field (4 days) <ul style="list-style-type: none"> <li>• Shot put, discus, long jump, high jump, sprints, relays</li> </ul> Soccer (5 days) <ul style="list-style-type: none"> <li>• Dribbling, passing, shooting, positions, game play, strategies, knowledge</li> </ul>	<ul style="list-style-type: none"> <li>• Participation</li> <li>• Timed and measured fitness tests</li> <li>• Observation</li> <li>• Written work</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.	Flag Football (5 days) <ul style="list-style-type: none"> <li>• Passing, catching, defense/offense, positions, game play, knowledge</li> </ul> Cross Country (2 days) <ul style="list-style-type: none"> <li>• Running, cardiovascular, teamwork, knowledge</li> </ul> Mile Run (1 day) <ul style="list-style-type: none"> <li>• Fitness test</li> </ul> Softball (3 days) <ul style="list-style-type: none"> <li>• Rules-slowpitch, catching, throwing, batting, game play</li> </ul> Games (1 day) Final (1 day)	<ul style="list-style-type: none"> <li>• Participation</li> <li>• Written work</li> <li>• Observations</li> <li>• Skills tests</li> <li>• Timed mile</li> <li>• Written test</li> </ul>