

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.	Tennis (10 days) <ul style="list-style-type: none"> <li>Forehand, backhand, serving, lead up games, scoring, King of Court, singles/doubles, strategies, rules, tournament</li> </ul> Speedball/soccer (5 days) <ul style="list-style-type: none"> <li>Dribbling, passing, (ground, aerial), conversions, rules, game play</li> </ul> Golf (3 days) <ul style="list-style-type: none"> <li>Grip, stance, swing</li> </ul> Softball (2 days) <ul style="list-style-type: none"> <li>Rules-slowpitch, game play</li> </ul>	<ul style="list-style-type: none"> <li>Observation</li> <li>Participation</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.	Volleyball (10 day) <ul style="list-style-type: none"> <li>Bumping, setting, serving, spiking, rules, strategies, game play</li> </ul> Flag football (3 days) <ul style="list-style-type: none"> <li>Passing, catching, rules, game play</li> </ul> Ultimate Frisbee Frisbee golf (5 days) <ul style="list-style-type: none"> <li>Passing, catching, rules, strategies, game play</li> </ul>	<ul style="list-style-type: none"> <li>Observation</li> <li>Participation</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.	Games (5 days) <ul style="list-style-type: none"> <li>Kicking, throwing, catching, running, teamwork, cooperation</li> </ul> Basketball (10 days) <ul style="list-style-type: none"> <li>Shooting, dribbling, passing, rules, offense/defense, 3-on-3, "21" tourney, game play</li> </ul> Floor Hockey (4 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>Participation</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 (10 days) <ul style="list-style-type: none"> <li>Serving, 4 shots, rules, singles, doubles, strategies, tournament</li> </ul> Table tennis ( 3 days) <ul style="list-style-type: none"> <li>Serve, volley, scoring, game play</li> </ul> Games (3 days)	<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.	Speedball basketball (3 days) <ul style="list-style-type: none"> <li>Dribbling, passing-aerial, conversions, shooting, game play</li> </ul> Bowling (3 days) <ul style="list-style-type: none"> <li>Scoring, ball delivery, etiquette</li> </ul> Weight room/fitness (4 days) <ul style="list-style-type: none"> <li>Technique, safety, machines, free weights, video fitness, exercises</li> </ul>	
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.	Speedball basketball (3 days) Bowling (3 days)	<ul style="list-style-type: none"> <li>Scoring (bowling)</li> <li>Take home and test</li> <li>Observation</li> <li>Participation</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.	Weight room/fitness (4 days) <ul style="list-style-type: none"> <li>Technique, safety, machines, free weights, video fitness, exercises</li> </ul> Basketball (10 days) <ul style="list-style-type: none"> <li>Shooting, dribbling, passing, rules, offense/defense, 3-on-3, "21," game play</li> </ul> Floor Hockey (4 days) <ul style="list-style-type: none"> <li>Rules &amp; conduct, stick handling, game play</li> </ul>	<ul style="list-style-type: none"> <li>Participation</li> <li>Observation</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.	Badminton (10 days) <ul style="list-style-type: none"> <li>• Serving, 4 shots, rules, singles, doubles, strategies, tournament</li> </ul> Table Tennis (3 days) <ul style="list-style-type: none"> <li>• Serve, volley, scoring, game play</li> </ul> Games (5 days) <ul style="list-style-type: none"> <li>• Kicking, throwing, catching, running, teamwork, cooperation</li> </ul> Volleyball (2 days) <ul style="list-style-type: none"> <li>• Bumping, setting, serving</li> </ul>	<ul style="list-style-type: none"> <li>• Participation</li> <li>• Observation</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.	Volleyball (8 days) <ul style="list-style-type: none"> <li>• Spiking, rules, strategies, game play</li> </ul> Flag football (3 days) <ul style="list-style-type: none"> <li>• Passing, catching, rules, game play</li> </ul> Speedball/soccer (5 days) <ul style="list-style-type: none"> <li>• Dribbling, passing (ground, aerial), conversions, rules, game play</li> </ul> Games (4 days)	<ul style="list-style-type: none"> <li>• Participation</li> <li>• Observation</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.	Golf (3 days) <ul style="list-style-type: none"> <li>• Grip, stance, swing</li> </ul> Ultimate Frisbee Frisbee golf (5 days) <ul style="list-style-type: none"> <li>• Passing, catching, rules, strategies, game play</li> </ul> Softball (2 days) <ul style="list-style-type: none"> <li>• Rules-slowpitch, game play</li> </ul> Tennis (10 days) <ul style="list-style-type: none"> <li>• Forehand, backhand, serving, lead up games, scoring, King of the Court, singles/doubles, strategies, rules, tournament</li> </ul>	<ul style="list-style-type: none"> <li>• Participation</li> <li>• Observations</li> </ul>