

Timeframe: Sept (Five Components of Fitness)	Health & Fitness Academic Content	Fitness	Motor Skills		Social/Emotional/Safety
Essential Questions	What does it mean to be fit?	Why is fitness important?	How would you use motor skills for your lifetime fitness activities?		Why personal hygiene is important?
Content	Five for Life: 5 Components of Fitness 1.4-1.38 Intensity	Using heart rate monitors 4.85 Using pedometers 4.102 Fitness Measurements	Team & Individual Sports/Skills Lifetime Activities Locomotor/Non-Locomotor (On going all months)		Locker room procedures Personal hygiene
Skills / Activities	Five for Life: 5 Components of Fitness 1.4-1.38 <ul style="list-style-type: none"> • Introduction 1.4-1.6 • Body Composition Explanation 1.27 • Flexibility Activity 1.20 • Heart Health 4/5 Minute Walk and Run Activity 1.8 • Muscular Strength/Endurance Activity 1.13 • Intensity levels 	Using heart rate monitors 4.85 <ul style="list-style-type: none"> • Starting with a heart rate monitor p 4.85 • Finding/taking pulse Using pedometers 4.102 Fitness Measurements <ul style="list-style-type: none"> • Review Protocol • Pacer 4.122 • Sit & Reach 4.124 • Push-ups 4.122 • Curl-ups 4.121 • Height/Weight 4.121 • Five for Life FM DVD 	Team & Individual Sports/Skills <ul style="list-style-type: none"> • Soccer • Dribbling • Passing • Trapping • Shoot • Modified Games Flag Football <ul style="list-style-type: none"> • Throwing • Catching • Kicking • Modified Games Softball <ul style="list-style-type: none"> • Throwing • Catching • Hitting • Modified Games Lifetime Activities <ul style="list-style-type: none"> • Tennis • Forehand 	<ul style="list-style-type: none"> • Backhand • Serving • Modified Games Golf <ul style="list-style-type: none"> • Putting • Chipping • Modified Games Frisbee <ul style="list-style-type: none"> • Throwing • Catching • Modified Games Power Walking <ul style="list-style-type: none"> • Striding • Running • Pacing • Lateral movement Locomotor/Non-Locomotor <ul style="list-style-type: none"> • Karaoke • Gallop • Skipping 	Locker room talk
Assessment	Five for Life Intermediate Book: (S) 5 Components of Fitness Quiz p. 1.35, 4.71 (F) Heart Health Pyramid 4.88-4.90 (F) Intensity 1.49	(F) Fitness Assessments: <ul style="list-style-type: none"> • Pacer • Sit and Reach • Push-ups • Curl-ups • Height/Weight (F) Pedometers 4.111-4.112	(F) Teacher Observation as students perform necessary skills to participate in a variety of lifetime activities (F) Reflective Questions		(F) Combination Race

Standards (WA State)	4.1.1 Analyze health and safety information 1.3.1 Applies the components of health-related physical fitness 4.2.1 Creates personal health and fitness data and sets goals	1.1.1 Develop fundamental and complex movement skills that contribute to movement proficiency 1.2.1 Understands safety rules and procedures in a variety of physical activities: Individual, dual/team, and lifetime activities	1.1.1 Develop fundamental and complex movement skills that contribute to movement proficiency 1.2.1 Safely participates in a variety of developmentally appropriate physical activities 1.3.1 Applies the components of health-related physical fitness 1.4.1 Applies the components of skill-related physical fitness to physical activity	2.1.1 4.1
Equipment / Resources	Five for Life: 5 Components of Fitness Unit 1 Five for Life FM DVD	Five for Life Five for Life Circuit Training Manual p.1.3 Heart monitors Fitness Measurements Sec. 4 WELPRO Life Skills	USGA USTA	
Notes:				

Timeframe: Oct (FITT Principle)	Health & Fitness Academic Content	Fitness	Motor Skills	Social/Emotional/Safety
Essential Questions	Why is the FITT Principle important to my daily activity?	How do you know if you are fit? What makes a good fitness goal?	What is an active life style?	How can you show responsibility in PE?
Content	Intro to FITT Principle SMART Goals	Intro to Circuit Training equipment 4.15-4.41 Circuit Training 4.42-4.77 Fitness Activities Goal Setting	Team & Individual Sports/Skills Lifetime Activities Locomotor/Non-Locomotor (On going all months)	Responsibility
Skills / Activities	Smart Goal 4.158 FITT Principle 4.156, 4.159	Intro to Circuit Training equipment 4.15-4.41 Circuit Training 4.42-4.77 <ul style="list-style-type: none"> • Circuit Training Manual p.13 • Circuit Training Manual—Fitness Measurements p. 17-20 Heart rate monitors, pedometers, circuit training, weights, setting realistic goals <ul style="list-style-type: none"> • Heart Rate Monitors 4.91 • Pedometers 4.105 Goal setting 4.154-4.155 Heart Rate Monitor 4.91 Activity Logs 4.159 <ul style="list-style-type: none"> • Intensity Levels DVD 	See September Skills/Activities	Filling out and turning in Activity Logs Following Rules
Assessment	(F) Goal Setting 4.158 (F) Reflective Questions	(F) Activity log 4.159 (F) Goal Setting: Student Self-Assessment (F) Cardio Day (S) Student/Parent Report Sent Home	(F) Teacher Observation as students perform necessary skills to participate in a variety of lifetime activities	
Standards (WA State)	1.3.1 Applies the components of health-related physical fitness 4.2.1 Creates personal health and fitness data and sets goals	1.3.1 Applies the components of health-related physical fitness 1.4.1 Applies the components of skill-related physical fitness to physical activity	1.1.1 Develop fundamental and complex movement skills that contribute to movement proficiency 1.2.1 Safely participates in a variety of developmentally appropriate physical activities 1.4.1 Applies the components of skill-related physical fitness to physical activity 1.3.1 Applies the components of health-related physical fitness	2.1.1
Equipment / Resources	<ul style="list-style-type: none"> • Five for Life Intermediate Manual • Five for Life: Fitness Measurements Unit 4 p. 4.1 • Fitness scores 	Heart rate monitors, Pedometers, 5 for Life-Circuit Training Handbook, 5 for life activity logs, Intensity Levels DVD	USGA USTA	
Notes:				

Timeframe: Nov/Dec (Cardio)	Health & Fitness Academic Content	Fitness	Motor Skills		Social/Emotional/Safety
Essential Questions	How does your cardiorespiratory system relate to quality of life?	What is the impact of intensity on your level of fitness?	During Northwest weather, how do you maintain an active lifestyle?		How can you effectively rate your effort?
Content	FITT Principle for Cardiorespiratory Endurance Oxygen Delivery system	Heart Rate Training	Team & Individual Sports/Skills Rhythms & Rhythmic Activities Low Organized Games & Activities Lifetime Activities		Effort
Skills / Activities	FITT Principle for Cardio 1.39-1.44 Cardio FITT Pin 1.45-1.46 Activity Log-District Developed Item Oxygen Delivery system <ul style="list-style-type: none"> Introduction p. 3.51-3.52 Bad Habit Relay p. 3.56-3.57 Oxygen Express p. 3.58-3.59 	Heart Rate Training <ul style="list-style-type: none"> Recovery HR Target Heart Rate 4.82 Time in THR zone 3.54-3.55, 3.62-3.63, 3.68 Circuits with emphasis on intensity levels Weight Training Aerobics/Tae-Bo Spinning	Team & Individual Sports/Skills Floor Hockey <ul style="list-style-type: none"> Dribbling Passing Shooting Modified Games Racquet sports i.e. Badminton/Pickle ball <ul style="list-style-type: none"> Serving Ground strokes Modified games Basketball <ul style="list-style-type: none"> Dribbling Passing Shooting Modified games Volleyball <ul style="list-style-type: none"> Passing Serving Setting Modified games Motor Skills Wrestling <ul style="list-style-type: none"> Takedowns Escapes Pin combinations Indoor soccer <ul style="list-style-type: none"> Passing Shooting Trapping 	<ul style="list-style-type: none"> Modified games Lacrosse <ul style="list-style-type: none"> Passing Catching Shooting Modified games Rhythms & Rhythmic Activities <ul style="list-style-type: none"> Dance Square dance Hip hop Line dance DDR Wii Aerobics Low organized games <ul style="list-style-type: none"> Omni kin ball Jump rope Circus arts Rhythmic skills Static balance Lifetime Activities Bowling <ul style="list-style-type: none"> Approach/steps Scoring Rockwall <ul style="list-style-type: none"> Grip Movement Spotting 	HR Monitors Levels of Intensity

Assessment	(F) FITT/Cardio Chart 1.49 (S) Cardio/FITT Plan 1.50-1.51 (S) Cardio For Life 3.69-3.73 (F) Reflective Questions	(F) Target Heart Rate-District Developed Item (F/S) Pacer (F/S) 20 minute run	(F) Teacher Observation as students perform necessary skills to participate in a variety of lifetime activities	Time in THZ
Standards (WA State)	1.3.1 Applies the components of health-related physical fitness	1.1.1 Develop fundamental and complex movement skills that contribute to movement proficiency 1.3.1 Applies the components of health-related physical fitness	1.1.1 Develop fundamental and complex movement skills that contribute to movement proficiency 1.2.1 Safely participates in a variety of developmentally appropriate physical activities 1.4.1 Applies the components of skill-related physical fitness to physical activity 1.3.1 Applies the components of health-related physical fitness	2.1.1
Equipment / Resources	<ul style="list-style-type: none"> Five for Life: Fitness Measurements Fitness scores Activity Log-District Developed Item 	Heart rate monitors/charts, 5 for Life-circuit training, activity logs 1.2	PE Central PE 4 U Rock Wall Manual Vertical World	
Notes:				

Timeframe: Jan/Feb (Muscular Strength and Endurance)	Health & Fitness Academic Content	Fitness	Motor Skills		Social/Emotional/Safety
Essential Questions	Why do I need my bones and muscles?	How can I keep my bones and muscles healthy and strong for a lifetime?	How can I keep my bones and muscles healthy and strong through various lifetime activities?		What does respect look or sound like?
Content	Bones for Life 3.1-3.22 Muscles for Life 3.23-3.47	Muscular Strength and Endurance Functional Training Circuits Activity Log 4.160-4.161	Team & Individual Sports/Skills Rhythms & Rhythmic Activities Low Organized Games & Activities Lifetime Activities		Respect
Skills / Activities	Bones for Life <ul style="list-style-type: none">• Introduction 3.4-3.6• Vocabulary 3.7• Skeleton Basketball 3.8• Bone Density Tag 3.12-3.13• Excavation Relay 3.14-3.15• Excavation Relay Worksheet 3.16 Muscles for Life <ul style="list-style-type: none">• Introduction 3.26-3.28• Vocabulary 3.29• Muscles for Life Circuit Worksheet 3.33-3.34• Score Four for Life 3.37-3.38	Muscular Strength and Endurance <ul style="list-style-type: none">• Bones for Life Circuit 3.10• Muscles for Life Circuit 3.31-3.32• Push & Resistance 3.40-3.41 Functional Training <ul style="list-style-type: none">• CT Book p. 26-58 Circuits <ul style="list-style-type: none">• CT Book p. 2-25 Muscles for Life Circuit 3.31-3.34	Team & Individual Sports/Skills Floor Hockey <ul style="list-style-type: none">• Dribbling• Passing• Shooting• Modified Games Racquet sports i.e. Badminton/Pickle ball <ul style="list-style-type: none">• Serving• Ground strokes• Modified games Basketball <ul style="list-style-type: none">• Dribbling• Passing• Shooting• Modified games Volleyball <ul style="list-style-type: none">• Passing• Serving• Setting• Modified games Motor Skills Wrestling <ul style="list-style-type: none">• Takedowns• Escapes• Pin combinations Indoor soccer <ul style="list-style-type: none">• Passing• Shooting• Trapping	<ul style="list-style-type: none">• Modified games Lacrosse <ul style="list-style-type: none">• Passing• Catching• Shooting• Modified games Rhythms &Rhythmic Activities <ul style="list-style-type: none">• Dance• Square dance• Hip hop• Line dance• DDR• Wii• Aerobics Low organized games <ul style="list-style-type: none">• Omni kin ball• Jump rope• Circus arts• Rhythmic skills• Static balance Lifetime Activities Bowling <ul style="list-style-type: none">• Approach/steps• Scoring Rockwall <ul style="list-style-type: none">• Grip• Movement• Spotting	Working in partners or teams

Assessment	(S) Muscles for Life 3.42-3.43 (S) Bones for Life Quiz p. 3.17 (S) Bone Names p. 3.21 (S) Muscle Names p. 3.46 (F) Activity Log 4.160-4.161		(F) Teacher Observation as students perform necessary skills to participate in a variety of lifetime activities	
Standards (WA State)	2.2.4 Analyzes benefits of maintaining a balance of healthy habits 1.3.1 Applies the components of health-related physical fitness	1.1.1 Develop fundamental and complex movement skills that contribute to movement proficiency 1.3.1 Applies the components of health-related physical fitness 2.2.4 Analyzes benefits of maintaining a balance of healthy habits	1.1.1 Develop fundamental and complex movement skills that contribute to movement proficiency 1.2.1 Safely participates in a variety of developmentally appropriate physical activities 1.4.1 Applies the components of skill-related physical fitness to physical activity 1.3.1 Applies the components of health-related physical fitness	2.1.1
Equipment / Resources	Equipment listed on 3.2 Bone jeopardy 3.24, 3.39 Website: Visible Body	PE Central PE 4 U Five for Life Circuit Training Booklet	PE Central PE 4 U Giam CDs – Yoga/Pilates Vertical World Rock Wall Manual	
Notes:				

Timeframe: March (Body Composition/ Nutrition)	Health & Fitness Academic Content	Fitness	Motor Skills	Social/Emotional/Safety
Essential Questions	How does nutrition impact my body systems/fitness levels?	How does nutrition impact fitness and health?	How does my diet affect my performance in activity?	How can self-control help with diet or exercise?
Content	Nutrition 2.1-2.24 Health Management – Nutrition Log 2.48-2.60	Body Composition and the FITT Principle 1.85-1.99 Circuit Training 4.42-4.77	Team & Individual Sports/Skills Rhythms & Rhythmic Activities Low Organized Games & Activities Lifetime Activities	Self-control
Skills / Activities	Nutrition <ul style="list-style-type: none"> • Introduction 2.4-2.5 • Vocabulary 2.6 • Run Yummy Run 2.7-2.8 • Ultimate Energy Pin-Down 2.9-2.10 • Placemats 2.11 • Macronutrient Knowledge 2.13-2.14 • Food Label Activity 2.15-2.17 Health Management – Nutrition Log 2.48-2.60 <ul style="list-style-type: none"> • Intro to Food Guide Pyramid p. 2.51-2.54 	Body Composition and the FITT Principle 1.85-1.99 <ul style="list-style-type: none"> • Introduction 1.88 Circuit Training 4.42-4.77 <ul style="list-style-type: none"> • Stretching • Heart Rate Monitors • Pedometers • Fitness Checks 	Team & Individual Sports/Skills Floor Hockey <ul style="list-style-type: none"> • Dribbling • Passing • Shooting • Modified Games Racquet sports i.e. Badminton/Pickle ball <ul style="list-style-type: none"> • Serving • Ground strokes • Modified games Basketball <ul style="list-style-type: none"> • Dribbling • Passing • Shooting • Modified games Volleyball <ul style="list-style-type: none"> • Passing • Serving • Setting • Modified games Motor Skills Wrestling <ul style="list-style-type: none"> • Takedowns • Escapes • Pin combinations Indoor soccer <ul style="list-style-type: none"> • Passing • Shooting • Trapping 	<ul style="list-style-type: none"> • Modified games Lacrosse <ul style="list-style-type: none"> • Passing • Catching • Shooting • Modified games Rhythms & Rhythmic Activities <ul style="list-style-type: none"> • Dance • Square dance • Hip hop • Line dance • DDR • Wii • Aerobics Low organized games <ul style="list-style-type: none"> • Omni kin ball • Jump rope • Circus arts • Rhythmic skills • Static balance Lifetime Activities Bowling <ul style="list-style-type: none"> • Approach/steps • Scoring Rockwall <ul style="list-style-type: none"> • Grip • Movement • Spotting

Assessment	(S) Food Pyramid 2.21-2.22 (F) Nutrition Log 2.55 (F) Daily Amounts Activity 2.18-2.20 (F) Food Label Activity 2.15-2.17	(F) Fitness Measurements <ul style="list-style-type: none"> • Pacer Practice • Height Practice • Weight Practice • BMI Practice 	(F) Teacher Observation as students perform necessary skills to participate in a variety of lifetime activities	
Standards (WA State)	1.5.1 Applies nutrition goals based on dietary guidelines and individual activity needs	1.5.1 Applies nutrition goals based on dietary guidelines and individual activity needs 1.5.2 Predicts effects of nutrients (fats, carbohydrates, proteins, vitamins, minerals, and water) on the body.	1.1.1 Develop fundamental and complex movement skills that contribute to movement proficiency 1.2.1 Safely participates in a variety of developmentally appropriate physical activities 1.4.1 Applies the components of skill-related physical fitness to physical activity 1.3.1 Applies the components of health-related physical fitness	2.1.1
Equipment / Resources	Videos Power point presentations Mypyramid.gov Life Skills	Five for life fitness Circuit training equipment Nutrition Pre and post tests on pages 2.31 and 2.32	PE Central PE 4 U	
Notes:				

Timeframe: April (Flexibility)	Health & Fitness Academic Content	Fitness	Motor Skills	Social/Emotional/Safety
Essential Questions	How do the pillars of human movement affect me in my everyday life? Why is Flexibility important to me?	Why is it important to exercise using the pillars of human movement?	How does flexibility affect my performance in activity?	Why is integrity important?
Content	Functional Training 4.1-4.41: In-depth discussion on Pillars of Human Movement 4.12 Circuit training 4.42-4.77 Flexibility: FITT Pin 1.75-1.76	Functional Training 4.1-4.41 Five for Life Circuit Training 4.42-4.77	Team & Individual Sports/Skills Rhythms & Rhythmic Activities Low Organized Games & Activities Lifetime Activities	Integrity Honesty
Skills / Activities	Functional Training 4.1-4.41: Pillars of Human Movement 4.12 <ul style="list-style-type: none"> Miming and Describing 4.5-4.6 Pillar of Human Movement Circuit 4.12-4.13 Circuit training 4.42-4.77 Flexibility 1.24	Functional Training 4.1-4.41 <ul style="list-style-type: none"> Feeling the Core 4.9-4.10 Whole Class Functional Equipment Workout 4.11 Pillar of Human Movement Circuit 4.12-4.13 Five for Life Circuit Training <ul style="list-style-type: none"> Review 4.42-4.50 	See March Skills/Activities	
Assessment	(S) Human Movement Circuit Workout 4.14 (S) CBA (S) Flexibility 1.81-1.82	(S) Circuit Design Activity 4.74-4.77	(F) Teacher Observation as students perform necessary skills to participate in a variety of lifetime activities	2.1.1
Standards (WA State)	1.1.5 Demonstrates understanding of movement concepts.	1.1.1 Develop fundamental and complex movement skills that contribute to movement proficiency 1.2.1 Safely participates in a variety of developmentally appropriate physical activities 1.4.1 Applies the components of skill-related physical fitness to physical activity. 1.3.1 Applies the components of health-related physical fitness 4.1.1 Evaluates daily health and fitness habits.	1.1.1 Develop fundamental and complex movement skills that contribute to movement proficiency 1.2.1 Safely participates in a variety of developmentally appropriate physical activities 1.4.1 Applies the components of skill-related physical fitness to physical activity	
Equipment / Resources	Weight room Five for Life Equipment	Heart Rate Monitors, Five for Life, Circuit Equipment	Giam Videos – Yoga/Pilates Windsor Pilates	
Notes:				

Timeframe: May/June (Goal Setting)	Health & Fitness Academic Content	Fitness	Motor Skills		Social/Emotional/Safety
Essential Questions	How can setting goals help me achieve the things I want to do?	How can goal setting help me improve my health, performance, and appearance?	How would you use goal setting to improve your lifetime fitness activities?		How will perseverance help you achieve long term goals?
Content	Goal setting for life 4.147-4.159 Health Management 4.160-4.164 HIV/AIDS "K.N.O.W." Drug/Alcohol Puberty/Sex Ed. Boating/Swimming Safety	Fitness Testing: Fitness Measurements Circuit Training	Team & Individual Sports/Skills Lifetime Activities Locomotor/Non-Locomotor (On-going all months)		Perseverance Personal Safety
Skills / Activities	Goal setting for life 4.147-4.159 <ul style="list-style-type: none"> Introduction 4.150-4.152 Vocabulary 4.153 Graphing reflections of fitness scores (Five for Life Fitness Measurements Recording Sheet 4.155) Health Management 4.160-4.164	Fitness Testing: Fitness Measurements Circuit Training	Team & Individual Sports/Skills Soccer <ul style="list-style-type: none"> Dribbling Passing Trapping Shoot Modified Games Flag Football <ul style="list-style-type: none"> Throwing Catching Kicking Modified Games Softball <ul style="list-style-type: none"> Throwing Catching Hitting Modified Games Olympics Track & Field Lifetime Activities Tennis	<ul style="list-style-type: none"> Forehand Backhand Serving Modified Games Golf <ul style="list-style-type: none"> Putting Chipping Modified Games Frisbee <ul style="list-style-type: none"> Throwing Catching Modified Games Power Walking <ul style="list-style-type: none"> Striding Running Pacing Lateral movement Locomotor/Non-Locomotor <ul style="list-style-type: none"> Karaoke Gallop Skipping 	

Assessment	(S) CBA (F) Five for Life Health, Performance & Appearance S.M.A.R.T. Goals 4.158 (S) Goal Setting for Life Reflection Sheet (Q 2 & 3 only) 4.164	(S) Post Student/Parent Report (S) Post fitness assessment		
Standards (WA State)	1.3.1 Applies the components of health-related physical fitness 4.1.1 Evaluates daily health and fitness habits.	1.4	1.1.2 1.2.1 Safely participates in a variety of developmentally appropriate physical activities 1.3.1 Applies the components of health-related physical fitness 1.4.1 Applies the components of skill-related physical fitness to physical activity	4.1 2.4.2 2.2.2
Equipment / Resources	Five for Life Fitness Measurements Recording Sheet	Five for Life		
Notes:				