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| **Month** | **Aug** | **September** | **October** | **November** | **December** | **January** | **February** | **March** | **April** | **May** |

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| **Movement Competency and Understanding** | ***Teaching Games for Understanding*****Invasion Net/Wall Target Field/run/score** |
| ***Understanding and application of effort, spatial awareness and relationships*****Skill related fitness** (45-60 days) |
| **Physical and Personal Wellness** | **Pre-test Fitness/goal setting** (FITNESSGRAM)(5-7 days) | **F.I.T.T principles (monitoring, adjusting fitness goals)**(45-60 days)**Health related fitness components**(45-60 days) | **Post-test Fitness and goal evaluation**(FITNESSGRAM)(5-7 days) |
| **Community connections/Physical activity**(2-4 days) | **Nutrition**(5-8 days) | **ATOD**(3-5 days) | **Influences impacting choices**(5-8 days) |
| **Emotional and Social Wellness** | **Team building activities** (5-7 days) | **Cooperation and inclusion, personal success and achievement of others, sportsmanship**(45-60 days) |
| **Prevention and Risk Management** | **Rules, classroom procedures** (1-2 days) | **Movement control for safe participation in physical activities****Safe use of equipment**(45-60 days) |

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| **ELA** | **Reading and Writing to Learn:** **Using Language as a Tool for Learning (PE: journals, Fitness portfolios)** | **Personal Reflection****(PE: journal entries, fitness portfolios)** | **PE: Summarizing game play; comprehension of strategies for variety of games** |

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| **Math** | **Addition, Subtraction****(PE: scoring)** | **Measurement (PE: pedometer log/charts, fitness assessment, computing distances/mile run; use of stop watches to assess performance)** |
| **Social****Studies** | **Games/activities/dances developed by cultures or geographical regions** |
| **Science** | **Relationships: (PE: systems work together for Lifetime Health/Wellness** |