

<b>Subject:P.E. / Outdoor Ed.</b>	<b>Calendar: Weeks:3-4wk plans</b>	<b>Timeframe: All Year</b>	<b>Level/Grade: High School</b>
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Unit Name

**Unit Objectives:**

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1. Learn the rules and enjoyment of each sport/activity.
  2. Demonstrate sportsmanship of each sport/activity.
  3. Understand importance of cardiovascular fitness.
  4. Demonstrate proper safety and rules.
  5. Demonstrate team work and strategies.
  6. Understand the benefits of lifetime fitness.
  7. Improve skill level and fitness level from start to end.
- (Pass the Fitness Gram Test.)

**LESSON:**

**Aug. 25 thru Aug. 29:** Policies and Procedure  
**Sept. 2 thru Sept. 26:** Volleyball, Cardio, Run/Weightlifting  
**Sept. 29 thru Oct. 24:** Flag Football, Cardio, Run/Weightlifting, FITNESS GRAM TESTING.

Outdoor Ed. Archery

**Oct. 27 thru Nov.14:** Tennis, Indoor Soccer, Cardio, Run/Weightlifting  
**Nov. 17 thru Dec. 12:** Basketball, Flickerball, Cardio, Run/Weight lifting

Outdoor Ed. Angler Ed. and Boat Safety

**Dec. 15 thru Dec. 19:** FINALS WEEK: Crazy Ball

**Jan.6 thru Jan. 30:** Hockey, Indoor Soccer, Cardio, Run/Weightlifting

**Feb. 2 thru Feb. 27:** Basketball, Wiffleball, Cardio, Run/Weightlifting

**Mar.2 thru April 3:** Badminton, Street Games, Cardio, Run/Weights

**Apr.6 thru May 1:** Softball, Kickball, Cardio/Weights, FITNESS GRAM TESTING.

Outdoor Ed. Angler Ed and Boat Safety

**May 4 thru May 22:** Indoor Soccer, Crazy Ball, Cardio/Weights, Clean out lockers, Final Exam Week.

Outdoor Ed. Archery

**P.E. Grading Policy:**

One weekly grade is given.

Dressing Out: 50% \*you must be dressed in full to receive credit--grey shirt, black shorts, tennis shoes

Participation: 50% \*you must fully complete the assignment given...if we're playing flag football and you opt to walk the track, you are not participating in the daily activity.

\*\*Block Day counts double as it is twice as long.

When you are going to be absent for an extended period of time, or unable to participate due to an illness or injury, you will need to write a one page report over any sport or health topic of your choice. (One page for each day missed).

A doctor's note is needed for an extended illness or injury that prevents you from participating in PE class, and you are still required to dress out in PE even when you cannot participate.

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<b>Activity Type:</b> <b>Games and fundamentals of each different sport and activity</b>	<b>TEKS:</b> 1) <b>TEKS Covered:</b> 116.52 (A) (B) (C) 1,2 116.53 (A) (B) (C) 1, 2, 3, 4 116.54 (A) (B) (C) 1, 2, 3, 4, 5 116.55 (A) (B) 1, 2 (C) 116.56 (A) (B) (C) 1, 2, 3, 4, 5, 6, 7
<b>Materials:</b> Volleyball equipment    Weight lifting equip. Flag football equip.    track Tennis equip.    fishing poles Basketballs    bows and arrows Soccer equip. Hockey Equip. Softball equip.	

<b>SE Modifications:</b>	<b>Resources: Texas Parks and Wildlife</b>	<b>TA TEKS:</b>
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<b>GT Modifications:</b>	<b>Evaluation Methods: participation and dressing out in appropriate uniform.</b>
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