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

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| **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) | | | | | |

|  |  |  |  |
| --- | --- | --- | --- |
| **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** |

|  |  |  |
| --- | --- | --- |
| **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** | |