

2013/2014 Pacing Guide – Physical Education/Health, Michael Armstrong

Physical Education

In addition to the lifetime sports listed in the pacing guide below, participation in fitness activities will also be done daily. The goal of the daily fitness activities is to improve flexibility, muscular strength, muscular endurance, cardiovascular endurance, and motor skills. Fitness Assessments will also be completed weekly to gauge the increases or decreases of each student in the areas mentioned above.

Health

Health will last one week in duration and consist of daily assignments. Each week will end with an assessment on the material covered.

Physical Education Focus 1st Quarter

Lifetime Sport
Volleyball
Handball
Soccer
Kickball
Spike Ball

Health Focus 1st Quarter

Topics
Elements of Health and Physical Fitness
Character Education

Physical Education Focus 2nd Quarter

Lifetime Sport
Football
Softball
Basketball
Ultimate Frisbee
Nitroball
Testing

Health Focus 2nd Quarter

Topic
Sex. Education

Physical Education Focus 3rd Quarter

Lifetime Sport
Volleyball
Continue Volleyball
Handball
Kickball
Spike Ball

Health Focus 3rd Quarter

Topics
Food and Nutrition
Mental Disorders

Physical Education Focus 4th Quarter

Lifetime Sport
Football
Nitroball
Basketball
Testing

Health Focus 4th Quarter

Topics
Alcohol
Drugs

❖ Information above is subject to change