



WHS Physical Education

1st Nine Weeks Outline

Foundations/Aerobics/Team Sports

Week 1: August 12-13

- Teacher/Student Introductions
- Classroom Rules/Procedures
- Dress Expectations
- Cardiovascular Workout

Week 2: August 16-20

- Locker Assignments
- Team Sport Rules and Participation
- Cardiovascular Workout
- Introduction to Social Emotional Learning (S.E.L.)

Week 3: August 23-27

- Fundamental Movements
- Cardiovascular Workout
- Team Sport Rules and Participation
- S.E.L. Writing
- Fitnessgram Practice Test #1



Week 4: August 30-September 3

- Fundamental Movements
- Cardiovascular Workout
- Team Sport Rules and Participation
- S.E.L. Writing

Week 5: September 7-10

- Holiday: Labor Day
- Fundamental Movements
- Cardiovascular Workout
- Team Sport Rules and Participation
- S.E.L. Writing

Week 6: September 13-17

- Fundamental Movements
- Cardiovascular Workout
- Team Sport Rules and Participation
- S.E.L. Writing
- Fitnessgram Practice Test #2
- Wylie Way Day (15th)

Week 7: September 20-24

- Fundamental Movements
- Cardiovascular Workout
- Team Sport Rules and Participation
- S.E.L. Writing



Week 8: September 27-October 1

- Fundamental Movements
- Cardiovascular Workout
- Team Sport Rules and Participation
- S.E.L. Writing

Week 9: October 4-8

- Fundamental Movements
- Cardiovascular Workout
- Team Sport Rules and Participation
- S.E.L. Writing
- Fitnessgram Practice Test #3
- Wylie Way Day (6th)



Daily Procedures:

Welcome:

- Attendance
- Daily Scheduled Activities

Warm up:

- Dress out
- Stretches and exercise
- Cardio walk/run

**Activities may be adjusted due to inclement weather. Modifications can be made for each student's individual needs to ensure classroom success.*