



WHS Physical Education

2nd Nine Weeks Outline

Foundations/Aerobics/Team Sports

Week 1: October 18-22

- Fundamental Movements
- Cardiovascular Workout
- Team Sport Rules and Participation
- S.E.L. Writing
- Wylie Way Day (20th)

Week 2: October 25-29

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

Week 3: November 1-5

- Fundamental Movements
- Cardiovascular Workout
- Team Sport Rules and Participation
- S.E.L. Writing
- Fitnessgram Practice Test #4



Week 4: November 8-12

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

Week 5: November 15-19

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

Week 6: November 29-December 3

- Fundamental Movements
- Cardiovascular Workout
- Team Sport Rules and Participation
- S.E.L. Writing
- Fitnessgram Practice Test #5

Week 7: December 6-10

- Fundamental Movements
- Cardiovascular Workout
- Team Sport Rules and Participation
- S.E.L. Writing
- Wylie Way Day (8th)
- Fitnessgram Testing



Week 8: December 13-17

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



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.*