



WHS Physical Education

3rd Nine Weeks Outline

Foundations/Aerobics/Team Sports

Week 1: January 5-7

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

Week 2: January 10-14

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

Week 3: January 18-21

- Fundamental Movements
- Cardiovascular Workout
- Team Sport Rules and Participation
- S.E.L. Writing
- Fitnessgram Practice Test #6



Week 4: January 24-28

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

Week 5: January 31-February 4

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

Week 6: February 7-11

- Fundamental Movements
- Cardiovascular Workout
- Team Sport Rules and Participation
- S.E.L. Writing
- Fitnessgram Practice Test #7
- Wylie Way Day (9th)

Week 7: February 14-18

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



Week 8: February 22-25

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

Week 9: February 28-March 4

- Fundamental Movements
- Cardiovascular Workout
- Team Sport Rules and Participation
- S.E.L. Writing
- Fitnessgram Practice Test #8
- Wylie Way Day (2nd)



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.*