



## **WHS Physical Education**

### **4th Nine Weeks Outline**

#### **Foundations/Aerobics/Team Sports**

#### **Week 1: March 14-18**

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

#### **Week 2: March 21-25**

- Fundamental Movements
- Cardiovascular Workout
- Team Sport Rules and Participation
- S.E.L. Writing
- Wylie Way Day (23rd)

#### **Week 3: March 28-April 1**

- Fundamental Movements
- Cardiovascular Workout
- Team Sport Rules and Participation
- S.E.L. Writing
- Fitnessgram Practice Test #9



## **Week 4: April 4-8**

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

## **Week 5: April 11-14**

- Fundamental Movements
- Cardiovascular Workout
- Team Sport Rules and Participation
- S.E.L. Writing
- Wylie Way Day (13th)

## **Week 6: April 19-22**

- Fundamental Movements
- Cardiovascular Workout
- Team Sport Rules and Participation
- S.E.L. Writing
- Fitnessgram Practice Test #10

## **Week 7: April 25-29**

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



## **Week 8: May 2-6**

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

## **Week 9: May 9-13**

- Fundamental Movements
- Cardiovascular Workout
- Team Sport Rules and Participation
- S.E.L. Writing
- Fitnessgram Practice Test #11

## **Week 10: May 16-20**

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

## **Week 11: May 23-26**

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



## **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.*