Wellness/PE Pacing Guide

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The Physical Education program provides each student with the opportunity to participate in a comprehensive program consisting of skill development, lead up games, team sports, individual sports and physical fitness activities. The students receive instruction in rules, skills, and strategies associated with the different sports as well as learning experiences involving physical conditioning activities. The students will also have opportunities to become involved in life-long physical activities through individual sport units. The program promotes the spirit of cooperation, leadership, fair play, and friendly competition.

Semester 1- First 9 weeks

Chapters 1-4 (book work)

Time will be alternated between book work and physical activity

Semester 1- Second 9 weeks

Chapters 5-10 (book work)

Time will be alternated between book work and physical activity

Semester 2- First 9 weeks

Chapters 11-16 (book work)

Time will be alternated between book work and physical activity

Semester 2- Second 9 weeks

Chapters 17-24

Time will be alternated between book work and physical activity

Life Choices-Dates TBD (fall- sex ed)

Life Choices- Dates TBD (spring- relationships and communications)