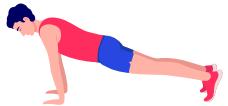


Secondary Phys Ed Level 1 Pacing Guide

Foundational Fitness

Purpose: To provide every student with a foundation in fitness skills and literacy, introduce students to team sports and diverse fitness activities, and prepare them for future elective choices.

Yearly Overview

	UNIT	FOCUS AREA	PROGRAMS USED
WEEK 1	Q1: Foundational Fitness & Indy/Dual Sports	  <p>Fitness literacy, proper movement mechanics, develop relative strength & mobility, introduce capacity, introduce Net Sports</p>	 TENNIS  PICKLEBALL  BADMINTON  SPIKEBALL
WEEK 2			
WEEK 3			
WEEK 4			
WEEK 5			
WEEK 6			
WEEK 7			
WEEK 8			
WEEK 9			
WEEK 10	Q2: Resistance Training & Team Sports	 <p>Introduce resistance training, compound movements, loaded fundamental movements, strength development, capacity training, continue introduce Team Sports</p>	 Basketball  Volleyball  Soccer  Rugby
WEEK 11			
WEEK 12			
WEEK 13			
WEEK 14			
WEEK 15			
WEEK 16			
WEEK 17			
WEEK 18			
WEEK 19	Q3: Lifetime Fitness	 <p>Introduce alternative fitness options & variety</p>	<p>Mat Fitness: Intro to Yoga, Intro to Pilates</p> <p>Group Fitness: Intro to Boxing, Dance Fitness</p> <p>Cardio: WalkFit, Tread, Spin</p>
WEEK 20			
WEEK 21			
WEEK 22			
WEEK 23			
WEEK 24			
WEEK 25			
WEEK 26			
WEEK 27	Q4: Student Choice & Personal Wellness	 <p>Pursue elective interests, student-led fitness routines</p>	<p>Student Choice: Yoga Flows, Dance Fitness, Intro to Boxing, Bodyweight Bootcamp, ReadyFit, Tread, Spin</p> <p>Assessment: Student-led fitness routines</p>
WEEK 28			
WEEK 29			
WEEK 30			
WEEK 31			
WEEK 32			
WEEK 33			
WEEK 34			
WEEK 35			
WEEK 36			

Sample Weekly Schedules

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Q1	Intro to Fitness: Lesson 1	Pickleball: Forehand, Backhand	Intro to Fitness: Lesson 2	Pickleball: Free Flow Rallying	Fitness Literacy: Chapter 1
Q2	Intro to Fitness II: Lesson 1	Basketball: Intro, Dribbling, Passing	Intro to Fitness II: Lesson 2	Basketball: Layups, Shooting	Intro to Fitness II Lesson 3
Q3	Intro to Yoga: Lesson 1	Optional: Games and/or Wellness Edu	Intro to Yoga: Lesson 2	Optional: Games and/or Wellness Edu	Intro to Yoga: Lesson 3
STUDENT CHOICE	Q4	Yoga Flows	Dance Fitness	Intro to Boxing	Bodyweight Bootcamp
					Walking/Tread/Spin

Notes for Adaption

- Prioritize the Intro to Fitness (I & II) lessons as your core curriculum; incorporate sport units as schedules allow.
- For longer class periods due to block scheduling, consider combining physical lessons with cognitive lessons into one class (i.e. Intro to Fitness Lesson 1 + Fitness Literacy Chapter 1).
- Consider pairing foundational movement chapters in **Fitness Literacy** with the associated movement lesson found in **Intro to Fitness Part 1**.
- Consider integrating health topics (e.g., Nutrition or Stress Management) one day/week if running a full-year course.

Program Integration Tips

- Use ClassMode to project the lessons, and guide students through the workouts as a group.
- Once students are comfortable with workout format, encourage them to log their own workouts via personal devices, or on a shared device using Rack View.
- If equipment is limited, have students begin on different exercises, and rotate through stations.
- Encourage students to log exercise notes such as modifications or weights used.
- Apply scaling to meet varied ability levels.

Assessment Breakdown

Q1-Q2: At the conclusion of Intro to Fitness I & II, students are tested across a range of fitness modalities, including:

- Aerobic Capacity - 1 Mile Run
- Anaerobic Capacity: 2 minute Max Burpees
- Strength: Push-ups & Pull-ups
- Mobility: Squat Therapy
- Total Fitness: Metcon Test
- Skill: 1 min Max Jump Rope

Q3-Q4: After exploring various fitness modalities in Q3, students may continue pursuing their preferred fitness pathway in Q4. At the conclusion of Q4, students are asked to lead a group lesson from a unit of their choosing.