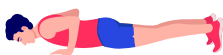
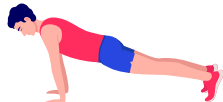




















Secondary Phys Ed Level 1 Pacing Guide

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

STUDENT CHOICE

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.