



**DESIGNED COURSES**

**MIDDLE SCHOOL**

<b>NAME</b>	<b>THEME</b>	<b>UNITS/CYCLES</b>	<b>DAYS/WEEKS</b>	<b>TIME</b>
<b>PE</b>	<b>SPORTSMANSHIP</b>	<b>(3 DAY UNITS)</b>	<b>45 DAYS</b>	<b>60 MINS</b>
<b>HEALTH</b>	<b>LIFESTYLE</b>	<b>(1 DAY UNITS)</b>	<b>45 DAYS</b>	<b>60 MINS</b>

**HIGH SCHOOL**

<b>NAME</b>	<b>THEME</b>	<b>UNITS/CYCLES</b>	<b>DAYS/WEEKS</b>	<b>TIME</b>
<b>PE 1</b>	<b>EXPLORATORY</b>	<b>(1 WEEK UNITS)</b>	<b>90 DAYS</b>	<b>90 MINS</b>
<b>COMPREHENSIVE HEALTH</b>	<b>LIFESTYLE</b>	<b>(1 DAY UNITS)</b>	<b>9 DAYS</b>	<b>90 MINS</b>
<b>TEAM SPORTS</b>	<b>COOPERATION</b>	<b>(2 WEEK UNITS)</b>	<b>90 DAYS</b>	<b>90 MINS</b>
<b>LIFETIME SPORTS</b>	<b>APPRECIATION</b>	<b>(2 WEEK UNITS)</b>	<b>90 DAYS</b>	<b>90 MINS</b>
<b>STRENGTH/CONDITIONING</b>	<b>INTEGRATION</b>	<b>(6 WEEK CYCLES)</b>	<b>90 DAYS</b>	<b>90 MINS</b>

**DESIGNED COURSE ACTIVITIES**

<b>PE</b>	<b>TRADITIONAL (BASKETBALL)</b>	<b>MODERN (LACROSSE)</b>	<b>LIFETIME (GOLF)</b>
<b>1.</b>	<b>BADMINTON</b>	<b>7. FOOTBALL</b>	<b>13. PICKLEBALL</b>
<b>2.</b>	<b>BASKETBALL</b>	<b>8. GOLF</b>	<b>14. PING PONG</b>
<b>3.</b>	<b>BOCCE BALL</b>	<b>9. HANDBALL</b>	<b>15. SOCCER</b>
<b>4.</b>	<b>BOWLING</b>	<b>10. HOCKEY</b>	<b>16. SOFTBALL</b>
<b>5.</b>	<b>CORNHOLE</b>	<b>11. HORSE SHOES</b>	<b>17. TENNIS</b>
<b>6.</b>	<b>DISC GOLF</b>	<b>12. LACROSSE</b>	<b>18. ULTIMATE FRISBEE</b>
			<b>19. VOLLEYBALL</b>

**PACING GUIDES                    MIDDLE SCHOOL (45 DAYS)                    HIGH SCHOOL (90 DAYS)**

**\*\*\*\*\*SHOW EXAMPLE\*\*\*\*\***

**UNIT PLANS                    MIDDLE SCHOOL (3 DAYS)                    HIGH SCHOOL (1 OR 2 WEEKS)**

**\*\*\*\*\*SHOW EXAMPLE\*\*\*\*\***

**\*\*EXAMPLE OF A 5 DAY UNIT\*\***

**DAY 1    SPORTS HISTORY AND RULES NOTES/SAFETY/BASIC SKILLS**

**DAY 2    REVIEW BASIC SKILLS/MODIFIED GAME PLAY**

**DAY 3 REVIEW BASIC SKILLS/MODIFIED GAME PLAY/PEER IPAD VIDEO SKILLS ASSESSMENT**

**DAY 4 REVIEW BASIC SKILLS/MODIFIED GAME PLAY/PEER IPAD VIDEO SKILLS ASSESSMENT**

**DAY 5 WRITTEN TEST OFF OVERHEAD FLIP CHART/ROUND ROBIN TOURNAMENT**

**LESSON PLANS    MIDDLE SCHOOL (1 DAY)                    HIGH SCHOOL (1 DAY)**

**\*\*\*\*\*SHOW EXAMPLE\*\*\*\*\***

**EMERGENCY LESSON PLANS (ABSENT-SUB)**

**\*\*\*\*\*SHOW EXAMPLE\*\*\*\*\***

**RAINY DAY OR COMBINED CLASSES (6 DIFFERENT GAMES/12 TEAMS)**

**SUPPLIES                    2 SETS OF OLD CLOTHES AND OLD TENNIS SHOES/3-RING NOTEBOOK WITH LOOSE LEAF PAPER AND PEN**

**GRADING                    DRESS-OUT/PARTICIPATION/SKILLS AND FITNESS TESTS/WRITTEN ASSIGNMENTS AND TESTS**

**NOTEBOOK                    SPORTS HISTORY AND RULES**

**SKILLS AND DRILLS (INDIVIDUAL/PARTNER/GROUP OF 3/GROUP OF 4)**

**ASSESSMENTS SKILLS (IPAD UBERSENSE APP) WRITTEN (FLIP CHART)**

**FITNESS GRAM 9 (IPAD AND SMART PHONE)**

**\*\*\*\*\*SHOW EXAMPLE\*\*\*\*\***

**EQUIPMENT**

**PURCHASED-SCHOOL BUDGET ????**

**DONATED (GOLF-USGA/TENNIS-USTA/ARCHERY-DNR/DISC GOLF-INNOVA)**

**SPONSORSHIP (PING PONG TABLES-LOWE'S)**

**HOMEMADE (PICKLEBALL, BADMINTON, VOLLEYBALL STANDARDS/CORNHOLE BOARDS)**

**GRANTS (PEP/SCAPES/FAMILY TRUST)**

**BORROW FROM OTHER SCHOOLS (INSIDE AND OUTSIDE OF THE DISTRICT)**

**\*STORE AND TRANSPORT EQUIPMENT-GROCERY CART (DONATE)\***

**MUSIC**

**PORTABLE SPEAKER (BEST BUY) WITH SMART PHONE BLUETOOTH AND SLACKER RADIO (DATA)**

**SPACE/FACILITIES**

**NO GYM**

**WRESTLING/CHEER ROOM**

**BASEBALL FIELD**

**MULTI-PURPOSE ROOM**

**OUTSIDE FIELDS**

**WEIGHT ROOM**

**1 GYM/2 GYMS/3 GYMS**

**FOOTBALL FIELD/TRACK**

**CLASSROOM(S)**

**LOCKER ROOMS**

**COACHES OFFICES**

**DEVELOP AND POST (SIGNAGE)**

**RULES**

**CONSEQUENCES**

**PROCEDURES**

**SITUATIONS AND CONTACTS**

**EXPECTATIONS DISCIPLINE**

**FIRST 3 DAYS (SET THE TONE-POLICIES/RULES, PROCEDURES, EXPECTATIONS, CONSEQUENCES) NO DRESS OUT**

**DAY 1** ASSIGN BLEACHER SEATS/ASSIGN CLASSROOM SEATS/RULES/HOMEWORK (2 SETS OF OLD CLOTHES AND OLD TENNIS SHOES/3-RING NOTEBOOK WITH LOOSE LEAF PAPER AND PEN/PARENT CONSENT)

**DAY 2** GRADE HOMEWORK/REVIEW RULES/WALK-THROUGH (START TO FINISH)/ASSIGN LOCKERS, PRACTICE OPENING LOCKER, SECURE CLOTHES IN LOCKER AND LOCKER ROOM RULES

**DAY 3** GRADE LATE HOMEWORK/REVIEW RULES/PRACTICE OPENING LOCKER, SECURE CLOTHES IN LOCKER AND LOCKER ROOM RULES/RULES TEST

**DAYS 4, 5 AND 6 (STILL SETTING THE TONE)**

**DAY 4** \*\*\*\*FIRST DAY TO DRESS-OUT\*\*\*\*

**FITNESS GRAM TEST (PARTNER PACER/HGT/WGT/TRUNK LIFT/BODY COMP)**

**\*STUDENTS INPUT THEIR PERSONAL DATA IN TEACHER IPADS AND SMART PHONE\***

**DAY 5 FITNESS GRAM TEST (PARTNER PUSH-UPS/CURL-UPS/V-SIT AND REACH)**

**\*STUDENTS INPUT THEIR PERSONAL DATA IN TEACHER IPADS AND SMART PHONE\***

**\*\*\*\*TEACHER PRINTS OFF STUDENT AND PARENT FITNESS GRAM REPORTS TO TAKE HOME TO PARENTS AND TO ENCOURAGE**

**IMPROVING FITNESS LEVELS OUTSIDE OF THE CLASSROOM\*\*\*\***

**DAY 6 WARM-UP SPOTS**

**WARM-UPS (DYNAMIC-FITNESS GRAM RELATED)**

**FIRST SPORT ACTIVITY (EX. HANDBALL UNIT-DAY 1 OF 5 DAYS)**

**COOL-DOWNS (STATIC-FITNESS GRAM RELATED)**

**PE FLIP CHART OF FIRST 3 DAYS (RULES) AND SPORT ACTIVITY HISTORY AND RULES (ACTIVINSPIRE SOFTWARE)**

**HEALTH FLIP CHART OF FIRST 3 DAYS (RULES)/HEALTH TOPICS/LAP CLUB/TABOO GAME (ACTIVINSPIRE SOFTWARE)**

**PE POWER POINT (CREATING A PE PROGRAM)**

**HEALTH POWER POINT (CREATING A HEALTH PROGRAM)**

**VIDEOS OF TEACHING SPORT ACTIVITIES**

**BASKETBALL**

**HOCKEY**

**ULTIMATE**

**DISC GOLF**

**LACROSSE**

**VOLLEYBALL**

**GOLF**

**SOCCER**

**WEIGHT LIFTING**

**HANDBALL**

**TENNIS**

**CHALK TALK (HOW TO SET-UP AND TEACH ALL 19 SPORT ACTIVITIES)**

**1. BADMINTON**

**7. FOOTBALL**

**13. PICKLEBALL**

**2. BASKETBALL**

**8. GOLF**

**14. PING PONG**

**3. BOCCE BALL**

**9. HANDBALL**

**15. SOCCER**

**4. BOWLING**

**10. HOCKEY**

**16. SOFTBALL**

**5. CORNHOLE**

**11. HORSE SHOES**

**17. TENNIS**

**6. DISC GOLF**

**12. LACROSSE**

**18. ULTIMATE FRISBEE**

**19. VOLLEYBALL**

**QUESTIONS**

**SPECIAL THANKS**

**1. IMPACTING PE PROFESSION**

**2. IMPACTING STUDENT LIVES**

**COLLECT EVALUATIONS**

**WELCOME TO CONTACT ME, OBSERVE ME OR I CAN PRESENT**