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| **Pacing Guide First Semester 2017-2018**  **Wellness 9-12** | | | | | |  |
|  | **1st Quarter** | **Component** | **TN Standards** | **Lesson Focus** | **Additional Notes** | **Digital Resources** |
|  | Week 1 | -Motor Skills,  -Personal/Social Responsibility | -MS. 6, 7  -PSR. 1-9, 10 | -Engage in proper warm-up and cool down procedures  -Engage in specialized skills in health related fitness activities.  -How to apply safety into physical activity. | -Fitness Walking  -Exercise Stations  Ex: Burpees, Sit-ups, push-ups, etc.  10 Stations, 1 minute each station, 2 rounds  -Applying best practices to participate safely in physical activity |  |
| Week 2 | -Motor Skills, -Personal/Social Responsibility | -MS. 6, 7,  -PSR. 1-9 |  |  |  |
| Week 3 | -Motor Skills,  -Personal/Social Responsibility | -MS. 6, 7  -PSR. 1-9 |  |  |  |
| Week 4 | -Fitness & Physical Activity,  -Personal/Social Responsibility | FPA. 1,2,  -PSR. 1-9 | -Enhance health related components of fitness activities | -Focus on exercises/activities that improve muscular strength & endurance, flexibility |  |
| Week 5 | -Fitness & Physical Activity,  -Personal/Social Responsibility | FPA. 1,2,  -PSR. 1-9 | -How to apply safety into physical activity. | -Applying best practices to participate safely in physical activity |  |
| Week 6 |  |  |  |  |  |
| Week 7 |  |  |  |  |  |
| Week 8 |  |  |  |  |  |
| Week 9 |  |  |  |  |  |
|  | **End of 1st Quarter** |  |  | | |  |
|  | **Fall Break** | | | | |  |
|  | **2nd Quarter** | **Component** | **TN Standards** | **Lesson Focus** | **Additional Notes** | **Digital Resources** |
|  | Week 1 | Fitness & Physical Activity,  -Personal/Social Responsibility | FPA. 5-9,  PSR. 1-9 | -Apply fitness terms and technology to calculate resting, maximum, and target heart rate  -How to apply safety into physical activity. | -Identify activities that improve a particular component of fitness |  |
| Week 2 | Fitness & Physical Activity,  -Personal/Social Responsibility | FPA. 5-9,  PSR. 1-9 |  | -Applying best practices to participate safely in physical activity |  |
| Week 3 | Fitness & Physical Activity,  -Personal/Social Responsibility | FPA. 5-9,  PSR. 1-9 |  |  |  |
| Week 4 | Fitness & Physical Activity,  Personal/Social Responsibility | FPA. 10-13  PSR. 1-9 | -Construct fitness goals and personal fitness plan  -How to apply safety into physical activity. | -Pacer Test  -Applying best practices to participate safely in physical activity |  |
| Week 5 | Fitness & Physical Activity,  Personal/Social Responsibility | FPA. 10-13  PSR. 1-9 |  |  |  |
| Week 6 |  |  |  |  |  |
| Week 7 |  |  |  |  |  |
| Week 8 |  |  |  |  |  |
| Week 9 |  |  |  |  |  |
|  | **End of 2nd Quarter** |  |  | | |  |
|  | **End of 1st Semester** |  |  | | |  |
|  | **Winter Break** | | | | |  |
| **Pacing Guide Second Semester 2017 - 2018** | | | | | |  |
|  | **3rd Quarter** | **Component** | **TN Standards** | **Lesson Focus** | **Additional Notes** | **Digital Resources** |
|  | Week 1 | Personal/Social Responsibility | PSR. 1-9  PSR. 10 | -Engage in proper warm-up and cool down procedures  -Demonstrate proper attitude towards self and others  -How to apply safety into physical activity. | -Agility ladders, plyometrics  -Applying best practices to participate safely in physical activity |  |
| Week 2 | Personal/Social Responsibility | PSR. 1-9  PSR. 10 |  |  |  |
| Week 3 | Fitness & Physical Activity | FPA. 3, 4,  PSR. 1-9 | -Explain, demonstrate, and participate how skill related fitness components impact sports/fitness |  |  |
| Week 4 | Fitness & Physical Activity | FPA. 3, 4,  PSR. 1-9 | -How to apply safety into physical activity. |  |  |
| Week 5 | Fitness & Physical Activity | FPA. 3, 4,  PSR. 1-9 |  |  |  |
| Week 6 |  |  |  |  |  |
| Week 7 |  |  |  |  |  |
| Week 8 |  |  |  |  |  |
| Week 9 |  |  |  |  |  |
| Week 10 |  |  |  |  |  |
|  | **End of 3rd Quarter** |  |  | | |  |
|  | **Spring Break** | | | | |  |
|  | **4th Quarter** | **Component** | **TN Standards** | **Lesson Focus** | **Additional Notes** | **Digital Resources** |
|  | Week 1 | Motor Skills | MS. 8, 9,  PSR. 1-9 | -Demonstrate rhythmical steps and continuous dance sequence patterns to music  -How to apply safety into physical activity. | -Use the Wii (Just Dance) and incorporate heart rate monitors |  |
| Week 2 | Motor Skills | MS. 8, 9,  PSR. 1-9 |  |  |  |
| Week 3 | Motor Skills | MS. 8, 9,  PSR. 1-9 |  |  |  |
| Week 4 | Values Physical Activity | VPA. 1-4,  PSR. 1-9 | -Health benefits of overall wellness incorporated into personal life  -How to apply safety into physical activity. | -Demonstrates willingness to challenge personal health goals |  |
| Week 5 | Values Physical Activity | VPA. 1-4,  PSR. 1-9 |  |  |  |
| Week 6 |  |  |  |  |  |
| Week 7 |  |  |  |  |  |
| Week 8 |  |  |  |  |  |
| Week 9 |  |  |  |  |  |
| Week 10 |  |  |  |  |  |
|  | **End of 4th Quarter** |  |  | | |  |
|  | **End of 2nd Semester** |  |  | | |  |