

|  |  |
| --- | --- |
| **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 StationsEx: 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. 10-13PSR. 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. 10-13PSR. 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. 1-9PSR. 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. 1-9PSR. 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**  |  |  |  |