

2011-2012 EDUCATIONAL PLAN

Physical Education

Wahoo Middle School – Physical Education

SEMESTER 1

Quarter 1	Rules/Expectations	Warm Up/Flexibility Exercises	Weight Room Safety
	Lifting Exercises/Technique	Aux. Lifting Exercises	Weight Room Etiquette
	Documentation/Book Completion	Basic Skills Relays	Physical Fitness Testing
	Stunts and Combatives	Games-Individual, Recreational, and Cooperative	Rate Individual Social Competence
Quarter 2	Warm-Up/Flexibility Exercises	Weight Lifting Exercises	Basic Skills Relays
	Documentation/Book Completion	Stunts and Combatives	Games-Individual, Recreational, and Cooperative
	Fitness Training/Heart Rate	Measure Body Comp.	Physical Fitness Testing

SEMESTER 2

Quarter 3	Review Rules/Expectations	Review Warm Up/Flexibility Exercises	Weight Room Exercises
	Review Core Lifting Exercises/Technique	Aux. Lifting Exercises	Weight Room Etiquette
	Review Documentation/Book Completion	Basic Skills Relays	Physical Fitness Testing
	Stunts and Combatives	Games-Individual, Recreational, and Cooperative	Rate Individual Social Competence
Quarter 4	Warm-Up/Flexibility Exercises	Weight Room Exercises	Basic Skills Relays
	Documentation/Book Completion	Stunts and Combatives	Games-Individual, Recreational, and Cooperative
	Fitness Training/Heart Rate	Track and Field Competitions	Measure Body Comp.

GRADING

Physical Activity	50%	(Engage in physical activity/participation.)
Motor Skills	20%	(Correctly performing lifts & activities.)
Social Skills	20%	(Positive behavior & appropriate clothing.)
Tests/Quizzes	5%	(Various assessments.)
Physical Fitness	5%	(Know & measuring fitness levels.)

Weekly Grading / 50 Possible Points

25 Points (Physical Activity)

10 Points (Motor Skills)

10 Points (Social Skills)

5 Points (Physical Fitness)

PHYSICAL TESTING

Physical Fitness- Vertical Jump, Sit & Reach, Pull-ups, Sit-Ups, 800 Run (6th Grade), 1 Mile Run (7th & 8th Grade) & Body Composition

Weight Lifting- None

***Testing will take place at the start and end of each semester.*