

# 2010-2011 YEARLY EDUCATIONAL PLAN

## Physical Education – 1

### Wahoo High School – Physical Education

<b>Aug. 19/Sep. 17</b>	Syllabus/Rules/Expectations	Warm Up/Stretching Routine	Weight Room Safety/Six Critical Techniques
	Discuss & Practice Core Lifts	Discuss & Practice Aux. Lifts	Weight Room/Etiquette
	Documentation/Lifting Document Sheets	<b>Volleyball</b>	Volleyball Unit Test
	Weight Workouts/ Week 1 thru Week 4	Weight/Fitness Testing	Discuss Exercise/Fitness Equipment
<b>Sep. 20/Oct. 14</b>	<b>Soccer</b>	Weight Workouts/ Week 5 thru Week 9	Soccer Unit Test
<b>Oct. 18/Nov. 12</b>	<b>Team Handball</b>	Weight Workouts/ Week 10 thru Week 13	Team Handball Unit Test
<b>Nov. 15/Dec. 3</b>	<b>Basketball</b>	Weight Workouts/ Week 14 thru Week 16	Basketball Unit Test
<b>Dec. 6/Jan. 14</b>	<b>Badminton</b>	Weight Workouts/ Week 17 thru Week 20	Badminton Unit Test
	Weight Testing	Review for Final	Check Lifting Sheets
	Review Rules, Expectations, & Procedures	Review Six Critical Techniques	
<b>Jan. 17/Feb. 4</b>	<b>Pickle Ball</b>	Weight Workouts/ Week 21 thru Week 23	Pickle Ball Unit Test
<b>Feb. 7/Feb. 17</b>	<b>Rhythmic Movements</b>	Weight Workouts/ Week 24 thru Week 25	
<b>Feb. 22/Mar. 11</b>	<b>Ultimate Frisbee</b>	Weight Workouts/ Week 26 thru Week 28	Ultimate Frisbee Unit Test
<b>Mar. 14/Mar. 25</b>	<b>Yoga</b>	Weight Workouts/ Week 27 thru Week 28	
<b>Mar. 28/Apr. 1</b>	<b>Nutrition</b>	Weight Workouts/ Week 29 thru Week 30	Nutrition Project

<b>Apr. 4/15</b>	<b><i>Fitness/Jogging – Heart Rate</i></b>	Weight Workouts/ Week 31 thru Week 32	1 Mile Run
<b>Apr. 18/May 26</b>	<b><i>Softball</i></b>	Weight Workouts/ Week 31 thru Week 34	Review for Final
	Poster Project	Weight/Fitness Testing	Check Lifting Sheets

### **WEIGHT & FITNESS TESTING**

***Physical Fitness-*** Vertical Jump, Sit/Reach, Pro Agility, Pull-ups, 1 Mile Run, and Body Composition

***Weight Lifting-*** Bench Press, Incline Bench, Parallel Squat, and Power Clean/Hang Clean

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