

# October 2018

September '18							November '18						
S	M	T	W	T	F	S	S	M	T	W	T	F	S
						1					1	2	3
2	3	4	5	6	7	8	4	5	6	7	8	9	10
9	10	11	12	13	14	15	11	12	13	14	15	16	17
16	17	18	19	20	21	22	18	19	20	21	22	23	24
23	24	25	26	27	28	29	25	26	27	28	29	30	
30													

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>30</b> <b>Week 8</b> 50 points	<b>1</b> <b>Mile Run</b> <b>Run 3, walk 2 &amp; record time</b> Obj. Improve Cardiovascular Endurance	<b>2</b> <b>Soccer Introduction</b> Obj. Understand the rules history, and globalization of soccer	<b>3</b> <b>Warm-up routine</b> Obj. Establish a warm-up routine for the duration of soccer unit.	<b>4</b> <b>Passing &amp; Receiving</b> Obj. Make accurate passes to a teammate and receive a pass from a teammate.	<b>5</b> <b>Dribbling</b> Obj. Dribble a soccer ball from point A to point B.	<b>6</b>
<b>7</b> <b>Week 9</b> 50 points	<b>8</b> <b>Mile Run</b> <b>Run 4, walk 1 &amp; record time</b> Obj. Improve Cardiovascular Endurance	<b>9</b> <b>Passing &amp; Dribbling</b> Obj. Dribble the ball while running and make accurate passes while on the move.	<b>10</b> <b>4th Period PSAT Testing</b> Obj. Prepare for your future Students will be testing in 4th period today.	<b>11</b> <b>Passing &amp; Teamwork</b> Obj. Work as a team to keep possession of the soccer ball.	<b>12</b> <b>Minimum Day Positions</b> <b>DO NOT DRESS TODAY</b> Obj. Review of positions and responsibilities	<b>13</b> <b>+ Google Classroom Assignment</b> Obj. Join Google Classroom and complete your first assignment.
<b>14</b> <b>Week 10</b> 40 points	<b>15</b> <b>Cardio Activity Offense &amp; Defense</b> Obj. Review and practice offensive and defensive strategies.	<b>16</b> <b>Shooting</b> Obj. Shoot the ball at a target with accuracy.	<b>17</b> <b>Restarting a Game</b> Obj. Understand the 8 ways a game can be restarted.	<b>18</b> <b>Fun Thursday</b> Obj. Work towards your 60min of Physical Activity per day, by choosing your activity.	<b>19</b> <b>No School Today Parent Conferences</b> <b>DO NOT DRESS TODAY</b> Obj. Follow your conference schedule	<b>20</b> <b>Study for Unit Tests</b>
<b>21</b> <b>Week 11</b> 50 points	<b>22</b> <b>Fun Monday &amp; Heart Rate Intro</b> Obj. Work towards your 60min of Physical Activity per day w/ personal choice	<b>23</b> <b>Cardio Activity</b> Obj. Improve Cardiovascular Endurance	<b>24</b> <b>Heart Rate Assessment</b> Obj. Students will measure their resting, active, & target heart rates	<b>25</b> <b>Test Day Unit Skills Test</b> Obj. Assessment of soccer skills.	<b>26</b> <b>Test Day Scrimmages</b> Obj. Apply knowledge and skills in a game-like activity.	<b>27</b>
<b>28</b> <b>Week 12</b> 50 points	<b>29</b> <b>Test Day Unit Written Test</b> <b>DO NOT DRESS TODAY</b> Obj. Assessment of soccer skills.	<b>30</b> <b>Warm-up Routine</b> Obj. Establish a warm-up routine for the duration of the basketball unit.	<b>31</b> <b>Costume Contest Warm-up routine</b> <b>Costumes OK at PE Today *</b> 	<b>1</b>	<b>2</b>	<b>3</b>
<b>4</b>	<b>5</b>	Notes * It is your responsibility to make up any missed work due to absense, medical, non-suit, or any other reasons * Tests will be based off of skills and information discussed in class. Videos and study guides will be available on the website to help you prepare for the tests. * Costumes must follow school guidelines. No masks or prop weapons allowed.				