

November 2018

October '18							December '18						
S	M	T	W	T	F	S	S	M	T	W	T	F	S
	1	2	3	4	5	6							1
7	8	9	10	11	12	13	2	3	4	5	6	7	8
14	15	16	17	18	19	20	9	10	11	12	13	14	15
21	22	23	24	25	26	27	16	17	18	19	20	21	22
28	29	30	31				23	24	25	26	27	28	29
							30	31					

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
28 Week 12 50 points	29	30	31	1 Basketball Introduction Obj. Understand the rules history, and globalization of basketball.	2 Passing & Receiving Obj. Make accurate passes to a teammate and receive passes from a teammate. with proper form.	3
4 Week 13 50 Points	5 Mile Run Run 4, walk 1 & record time & sign up for Friday. Obj. Improve Cardiovascular Endurance	6 Dribbling & Passing Obj. Dribble a basketball from point A to point B. Make accurate passes while on the move.	7 Shooting Obj. Shoot a ball with proper form and accuracy 3/4 tries.	8 Layups Obj. Perform a layup with proper form and accuracy. attempt both right and left handed layups.	9 Fun Friday Obj. Work towards your 60min of Physical Activity per day, by choosing your activity.	10 Google Classroom Assignment
11 Week 14 40 Points	12 No School Today	13 Free Throws Obj. Try various freethrow strategies. Shoot 2/2 freethrows with proper form, routine, and accuracy	14 Rules Review Obj. Review rules and regulation of the game	15 Test Day Skills Test Obj. Assessment of basketball skills	16 Scrimmage Obj. Apply knowledge and skills of basketball to a game-like activity.	17
18 Week 15	19 No School Today	20 No School Today	21 No School Today	22 No School Today	23 No School Today	24 Study for Unit Tests
25 Week 16 50 Points	26 Mile Run Run 4, walk 1 & record time & complete reflection. Obj. Improve Cardiovascular Endurance	27 Test Day Unit Written Test DO NOT DRESS TODAY Obj. Assessment of basketball knowledge	28 WOD Obj. Improve muscular endurance, strength, and Cardiovascular Endurance	29 Softball Introduction Obj. Understand the rules history, and globalization of softball.	30 Warm-up routine Obj. Establish a warm-up routine for the duration of softball unit.	1 Google Classroom Assignment
2	3	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.				