

Physical Education – Foundations of Personal Fitness (HS)

2021-2022 Pacing Calendar

Units of Instruction

Class Orientation
Students will be provided with information on basic classroom procedures, uniforms, grading system, locker assignments, and safety precautions such as hydration, ozone awareness, heat safety, first aid and asthma.

Unit 1: Personal Fitness/Safety
This two part unit provides an opportunity for students to explore the benefits of exercise and fitness associated with the performance of daily activities and the demands of everyday life.

2021	August					
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
01	02	03	04	05	06	07
	Enrichment Opportunities					
08	09	10	11	12	13	14
	Enrichment Opportunities					
15	16	17	18	19	20	21
	Teacher Service Days (no students)		Teacher Prep Day (no students)	Teacher Service Days (no students)		
22 C1W1	23 Unit 1 (22 45-min. class periods)	24	25	26	27	28
29 C1W2	30 Unit 1 (22 45-min. class periods)	31	01	02	03	04
05	06	Notes: Aug. 16-20 - Teacher Service Days (no students)				

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2021-2022 Pacing Calendar

Units of Instruction

Unit 1: Personal Fitness/Safety
This two part unit provides an opportunity for students to explore the benefits of exercise and fitness associated with the performance of daily activities and the demands of everyday life.

2021		September				
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
29 C1W2	30	31	01 Unit 1 (22 45-min. class periods)	02	03	04
05 C1W3	06 Labor Day	07 Unit 1 (22 45-min. class periods)	08	09	10	11
12 C1W4	13 Unit 1 (22 45-min. class periods)	14	15	16 Fall Holiday	17 Teacher Service Day (no students)	18
19 C1W5	20 Unit 1 (22 45-min. class periods)	21	22	23	24	25
26 C1W6	27 Unit 1 (22 45-min. class periods)	28	29	30 • Extend • Review • Assess • Reteach	01	02
03	04	Notes: Sept. 6 - Labor Day Sept. 16 - Fall Holiday Sept. 17 - Teacher Service Day (no students)				

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2021-2022 Pacing Calendar

Units of Instruction

Unit 1: Personal Fitness/Safety
This two part unit provides an opportunity for students to explore the benefits of exercise and fitness associated with the performance of daily activities and the demands of everyday life.

Unit 2: Accessing Individual Fitness Levels
This two- part unit focuses on students acquiring knowledge and skills necessary to participate in the Fitness Gram to assess personal fitness in health-related skills and apply sound nutritional values and safe practices during activities.

2021		October				
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
26 C1W6	27	28	29	30	01 • Extend • Review • Assess • Reteach	02 END OF CYCLE 1
03 C2W1	04 Teacher Service Day (no students)	05 Unit 2 (23 45-min. class periods)	06	07	08	09
10 C2W2	11 Unit 2 (23 45-min. class periods)	12	13	14	15	16
17 C2W3	18 Unit 2 (23 45-min. class periods)	19	20	21	22	23
24 C2W4	25 Unit 2 (23 45-min. class periods)	26	27	28	29	30
31	01	Notes: Oct. 4 - Teacher Service Day (no students)				

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2021-2022 Pacing Calendar

Units of Instruction

Unit 2: Accessing Individual Fitness Levels
This two- part unit focuses on students acquiring knowledge and skills necessary to participate in the Fitness Gram to assess personal fitness in health-related skills and apply sound nutritional values and safe practices during activities

Unit 3: Goal Setting
This two part unit focuses on setting and designing specific and realistic personal health-related fitness goals to achieve optimal personal fitness to meet the challenges of daily demands as participating in lifetime recreational activities.

2021		November				
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
31 C2W5	01 Unit 2 (23 45-min. class periods)	02	03	04	05	06
07 C2W6	08 Unit 2 (23 45-min. class periods)	09	10	11 • Extend • Review • Assess • Reteach	12	13 END OF CYCLE 2
14 C3W1	15 Unit 3 (24 45-min. class periods)					20
21	22 23 24 25 26 Thanksgiving					27
28 C3W2	29 Unit 3 (24 45-min. class periods)	30 Unit 3 (24 45-min. class periods)	01	02	03	04
05	06	Notes: Nov. 22-26 - Thanksgiving Break				

Physical Education – Foundations of Personal Fitness (HS)

2021-2022 Pacing Calendar

Units of Instruction

Unit 3: Goal Setting
This two part unit focuses on setting and designing specific and realistic personal health-related fitness goals to achieve optimal personal fitness to meet the challenges of daily demands as participating in lifetime recreational activities.

2021		December				
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
28 C3W2	29	30	01 Unit 3 (24 45-min. class periods)	02	03	04
05 C3W3	06 Unit 3 (24 45-min. class periods)	07	08	09	10	11
12 C3W4	13 Unit 3 (24 45-min. class periods)	14	15	16	17	18
19	20 Enrichment Opportunities	21	22	23 Winter Break	24	25
26	27	28	29 Winter Break	30	31	01
02	03	Notes: Dec. 20-31 - Winter Break				

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2021-2022 Pacing Calendar

Units of Instruction

Unit 3: Goal Setting

This two part unit focuses on setting and designing specific and realistic personal health-related fitness goals to achieve optimal personal fitness to meet the challenges of daily demands as participating in lifetime recreational activities.

Unit 4: Personal Fitness/Safety

This two part unit provides an opportunity for students to explore the benefits of exercise and fitness associated with the performance of daily activities and the demands of everyday life.

2022		January				
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
26	27	28	29	30	31	01
02 C3W5	Unit 3 (24 45-min. class periods)					08
09 C3W6	Unit 3 (24 45-min. class periods)			• Extend • Review • Assess • Reteach		15 END OF CYCLE 3
16 C4W1	17 Martin Luther King, Jr. Day	18 Teacher Prep Day (no students)	19 Unit 4 (22 45-min. class periods)	20	21	22
23 C4W2	24 Unit 4 (22 45-min. class periods)	25	26	27	28	29
30 C4W3	31 Unit 4 (22 45-min. class periods)	Notes: Jan. 17 - Martin Luther King, Jr. Day Jan. 18 - Teacher Preparation Day (no students)				

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2021-2022 Pacing Calendar

Units of Instruction

Class Orientation

Students will be provided with information on basic classroom procedures, uniforms, grading system, locker assignments, and safety precautions such as hydration, ozone awareness, heat safety, first aid and asthma.

Unit 4: Personal Fitness/Safety

This two part unit provides an opportunity for students to explore the benefits of exercise and fitness associated with the performance of daily activities and the demands of everyday life.

2022		February				
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
30 C4W3	31	01 Unit 4 (22 45-min. class periods)	02	03	04	05
06 C4W4	07 Unit 4 (22 45-min. class periods)	08	09	10	11	12
13 C4W5	14 Unit 4 (22 45-min. class periods)	15	16	17	18	19
20 C4W6	21 Teacher Service Day (no students)	22 Unit 4 (22 45-min. class periods)	23	24 • Extend • Review • Assess • Reteach	25	26 END OF CYCLE 4
27 C5W1	28 Unit 5 (26 45-min. class periods)	01	02	03	04	05
06	07	Notes: Feb. 21 - Teacher Service Day (no students)				

Physical Education – Foundations of Personal Fitness (HS)

**2021-2022
Pacing Calendar**

Units of Instruction
Unit 5: Accessing Individual Fitness Levels
 This two- part unit focuses on students acquiring knowledge and skills necessary to participate in the Fitness Gram to assess personal fitness in health related skills and apply sound nutritional values and safe practices during activities.
Physical Fitness Testing should be done during this unit.

2022		March				
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
27 C5W1	28	01 Unit 5 (26 45-min. class periods)	02	03	04	05
06 C5W2	07 Unit 5 (26 45-min. class periods)	08	09	10	11	12
13	14	15	16	17	18	19
	Enrichment Opportunities			Spring Break		
20 C5W3	21 Unit 5 (26 45-min. class periods)	22	23	24	25	26
27 C5W4	28 Chávez / Huerta Day	29 Unit 5 (26 45-min. class periods)	30	31	01	02
03	04	Notes: Mar. 14-18 - Spring Break Mar. 28 - César Chávez/Dolores Huerta Day				

Physical Education – Foundations of Personal Fitness (HS)

2021-2022 Pacing Calendar

Units of Instruction

Unit 5: Accessing Individual Fitness Levels

This two- part unit focuses on students acquiring knowledge and skills necessary to participate in the Fitness Gram to assess personal fitness in health related skills and apply sound nutritional values and safe practices during activities.

Physical Fitness Testing should be done during this unit.

2022		April				
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
27 C5W4	28	29	30	31	01 Unit 5 (26 45-min. class periods)	02
03 C5W5	04 Unit 5 (26 45-min. class periods)	05	06	07	08	09
10 C5W6	11 Unit 5 (26 45-min. class periods)	12	13	14	15 Spring Holiday	16
17 C5W7	18 Unit 5 (26 45-min. class periods)	19	20	21 • Extend • Review • Assess • Reteach	22	23 END OF CYCLE 5
24 C6W1	25 Unit 6 Part 1 (24 45-min. class periods)	26	27	28	29	30
01	02	Notes: Apr. 15 - Spring Holiday				

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2021-2022 Pacing Calendar

Units of Instruction

Unit 6: Goal Setting

This two part unit focuses on setting and designing specific and realistic personal health-related fitness goals to achieve optimal personal fitness to meet the challenges of daily demands as participating in lifetime recreational activities.

2022		May				
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
01 C6W2	02 Unit 6 Part 1 (24 45-min. class periods)	03	04	05	06	07
08 C6W3	09 Unit 6 Part 1 (24 45-min. class periods)	10	11	12	13	14
15 C6W4	16 Unit 6 Part 1 (24 45-min. class periods)	17	18	19	20	21
22 C6W5	23 Unit 6 Part 1 (24 45-min. class periods)	24	25	26	27	28
29 C6W6	30 Memorial Day	31 Unit 6 Part 1 (24 45-min. class periods)	01	02	03	04
05	06	Notes: May 30 - Memorial Day				

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2021-2022 Pacing Calendar

Units of Instruction

Unit 6: Goal Setting
This two part unit focuses on setting and designing specific and realistic personal health-related fitness goals to achieve optimal personal fitness to meet the challenges of daily demands as participating in lifetime recreational activities.

2022 June		SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
29 C6W6	30	31	01 Unit 6 Part 1 (24 45-min. class periods)	02 • Extend • Review • Assess • Reteach	03	04		
05 C6W7	06 • Extend • Review • Assess • Reteach	07	08 Teacher Prep Day (no students) END OF CYCLE 6	09	10	11		
12	13	14	15	16	17	18		
19	20	21	22	23	24	25		
26	27	28	29	30	01	02		
03	04	Notes: Jun. 8 - Teacher Preparation Day (no students)						