

Physical Education – Individual Sports (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: Conditioning/Skill Development

This unit focuses on conditioning for physical performance, fitness, flexibility and longevity to meet the physical demands of everyday life, including following rules and procedures designed to promote safe practices and prevention strategies while participating in individual sports.

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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Unit 1: Conditioning/Skill Development

This unit focuses on conditioning for physical performance, fitness, flexibility and longevity to meet the physical demands of everyday life, including following rules and procedures designed to promote safe practices and prevention strategies while participating in individual sports.

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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Units of Instruction

Unit 1: Conditioning/Skill Development

This unit focuses on conditioning for physical performance, fitness, flexibility and longevity to meet the physical demands of everyday life, including following rules and procedures designed to promote safe practices and prevention strategies while participating in individual sports.

Unit 2: Individual Sport/Skill Development

This unit focuses on developing sports-related skills associated with physical fitness testing and participation as an individual with emphasis on learning the basics of the sport, form, rules and sportsmanship.

Note: Physical Fitness Testing should be done during this unit.

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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Unit 2: Individual Sport/Skill Development
This unit focuses on developing sports-related skills associated with physical fitness testing and participation as an individual with emphasis on learning the basics of the sport, form, rules and sportsmanship.

Note: Physical Fitness Testing should be done during this unit.

Unit 3: Individual Sport/Training Principles
This unit focuses on developing student's sports-related skills such as agility, power, reaction time, balance and coordination. Students will be utilizing the principles of training to transfer skill to individual sports such as bowling, badminton, golf, weight training, fishing, tennis, handball, etc. Students will also establish personal fitness goal for participation 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	01	02	03
05	06	Notes: Nov. 22-26 - Thanksgiving Break				

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Unit 3: Individual Sport/Training Principles
This unit focuses on developing student's sports-related skills such as agility, power, reaction time, balance and coordination. Students will be utilizing the principles of training to transfer skill to individual sports such as bowling, badminton, golf, weight training, fishing, tennis, handball, etc. Students will also establish personal fitness goal for participation 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 Winter Break	23 Winter Break	24 Winter Break	25
26	27 Winter Break	28 Winter Break	29 Winter Break	30 Winter Break	31 Winter Break	01
02	03	Notes: Dec. 20-31 - Winter Break				

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Units of Instruction

Unit 3: Individual Sport/Training Principles
This unit focuses on developing student's sports-related skills such as agility, power, reaction time, balance and coordination. Students will be utilizing the principles of training to transfer skill to individual sports such as bowling, badminton, golf, weight training, fishing, tennis, handball, etc. Students will also establish personal fitness goal for participation in lifetime recreational activities.

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: Conditioning/Skill Development

This unit focuses on conditioning for physical performance, fitness, flexibility and longevity to meet the physical demands of everyday life, including following rules and procedures designed to promote safe practices and prevention strategies while participating in individual sports.

2022	January						
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
26	27	28	29	30	31	01	
02 C3W5	03 Unit 3 (24 45-min. class periods)		04	05	06	07	08
09 C3W6	10 Unit 3 (24 45-min. class periods)		11	12	13 • Extend • Review • Assess • Reteach	14	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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Units of Instruction

Unit 4: Conditioning/Skill Development

This unit focuses on conditioning for physical performance, fitness, flexibility and longevity to meet the physical demands of everyday life, including following rules and procedures designed to promote safe practices and prevention strategies while participating in individual sports.

Unit 5: Individual Sport/Skill Development

This unit focuses on developing sports-related skills associated with physical fitness testing and participation as an individual with emphasis on learning the basics of the sport, form, rules and sportsmanship.

Note: Physical Fitness Testing should be done during this unit.

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)				

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Units of Instruction

Unit 5: Individual Sport/Skill Development
This unit focuses on developing sports-related skills associated with physical fitness testing and participation as an individual with emphasis on learning the basics of the sport, form, rules and sportsmanship.

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				

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Units of Instruction

Unit 5: Individual Sport/Skill Development
This unit focuses on developing sports-related skills associated with physical fitness testing and participation as an individual with emphasis on learning the basics of the sport, form, rules and sportsmanship.

Note: Physical Fitness Testing should be done during this unit.

Unit 6: Individual Sport/Training Principles
This unit focuses on developing student's sports-related skills such as agility, power, reaction time, balance and coordination. Students will be utilizing the principles of training to transfer skill to individual sports such as bowling, badminton, golf, weight training, fishing, tennis, handball, etc. Students will also establish personal fitness goal for participation in lifetime recreational activities.

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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Units of Instruction

Unit 6: Individual Sport/Training Principles
This unit focuses on developing student's sports-related skills such as agility, power, reaction time, balance and coordination. Students will be utilizing the principles of training to transfer skill to individual sports such as bowling, badminton, golf, weight training, fishing, tennis, handball, etc. Students will also establish personal fitness goal for participation 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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Units of Instruction

Unit 6: Individual Sport/Training Principles
This unit focuses on developing student's sports-related skills such as agility, power, reaction time, balance and coordination. Students will be utilizing the principles of training to transfer skill to individual sports such as bowling, badminton, golf, weight training, fishing, tennis, handball, etc. Students will also establish personal fitness goal for participation 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)				