

Advanced PE

Dress Out

You must wear athletic bottoms of some kind(shorts, or sweatpants), t-shirt, and tennis shoes for you to keep your dress out points for the day. Crocs are not athletic shoes and if you wear them then you lose your dress out points for the day.

Participation

1. Walk
2. Physical Fitness Activity
3. Game - if you don't play lose points
4. Free Time

-You don't get to choose what you want to do, if you don't do all 4 activities then you lose your participation points for that day. (Ex. If we are playing kickball and you do not go when it is your turn to kick then you lose your participation points for the day.)

-If have the choice to sit out of any activity at anytime and walk you lose participation points for the day when you do so. If you don't want to walk you will be asked to go and sit in ISS. All of you are grown up enough to make decisions; and you are the ones that are going to have to live with those choices. Whatever grade you get in my class will be on you and it will be the grade that you earned.

-10 mins to dress not out here before you lose points

-Everyone goes to the PE locker and changes and everyone stays in until I release you, and everyone goes to the locker at the end of class and stays until the bell rings.

-No phones once we start walking; it's mine if I see it

Student Name _____

Day 1-Monday (20-25 min fitness- Free Day)
 Day 2- Tuesday (10-15 min fitness - Game Day)
 Day 3- Wednesday (10-15 min fitness - Game Day)
 Day 4- Thursday (20-25 min fitness- Free Day)
 Day 5- Friday (20-25 min fitness- Free Day)
 Day 6- Monday (20-25 min fitness- Free Day)
 Day 7- Tuesday (10-15 min fitness - Game Day)
 Day 8- Wednesday (10-15 min fitness - Game Day)
 Day 9- Thursday (20-25 min fitness- Free Day)
 Day 10- Friday (20-25 min fitness- Free Day)

PE Games

	<u>(9th/10th Grade).</u>	<u>(Advanced PE)</u>
Week 1	Intro	Intro
Week 2	Physical Fitness Testing	Fitness Testing
Week 3	Handball	Razzle Dazzle
Week 4	Soccer	Volleyball
Week 5	Speedball	Spikeball
Week 6	Volleyball	Soccer
Week 7	Physical Fitness Testing	Fitness Testing
Week 8	Spikeball	Speedball
Week 9	Pillow Polo	Capture the Flag
Week 10	Ultimate Basketball/Basketball	Pin ball
Week 11	Pin-Ball	Basketball
Week 12	Capture the Flag	Pillow Polo
Week 13	Physical Fitness Testing	Fitness Testing
Week 14	Cornhole/Ping pong	Cornhole/PingPong
Week 15	Kids favorite Game	Favorite Game
Week 16	Kids Favorite Game	Favorite Game
Week 17	SOL Testing	SOL Testing
Week 18	SOL Testing	SOL Testing