

**RCPS Curriculum Pacing Guide
2013-2014
Subject: Physical Education 9**

Week of:	SOL #	Unit	Bloom's	Objectives
1st Nine Weeks				
12-Aug	9.1 9.2 9.3 9.4	Introduction to Physical Education	Applying	Syllabus, Class Management, Safety, PE Log, Intro to Dynamic Stretching
19-Aug	9.1 9.2 9.3 9.4 9.5	Fitness Pre – Test	Evaluating, Understanding	Fitnessgram – Identifying 4 components of fitness – muscular strength, muscular endurance, cardiorespiratory endurance, flexibility
26-Aug	9.1 9.2 9.3 9.4 9.5	Fitness Pre – Test Goal Setting	Evaluating, Understanding	Fitnessgram - Identifying 4 components of fitness – muscular strength, muscular endurance, cardiorespiratory endurance, flexibility
1st Interim				
2-Sept	9.1 9.2 9.3 9.4 9.5	Pedometers	Creating, Evaluating, Analysing	Learn how many steps are taken on a daily basis – Identify activity level of physical education lessons with differing content ()
9-Sept	9.1 9.2 9.3 9.4 9.5	BMI \ heart rate	Creating, Evaluating, Analysing	Measuring interpreting understanding and applying heart rate into fitness health and sports
16-Sept	9.1 9.2 9.3 9.4 9.5	Tchoukball	Evaluating, Applying, Remembering	Introducing Tchoukball basic rules, skills and game strategy
23-Sept	9.1 9.2 9.3 9.4 9.5	Handball	Evaluating, Applying, Remembering	Introducing handball basic rules, skills and game strategy
30-Sept	9.1 9.2 9.3 9.4 9.5	Ultimate Frisbee	Evaluating, Applying,	Introducing ultimate frisbee basic rules, skills and game strategy

			Remembering	
7-Oct	9.1 9.2 9.3 9.4 9.5	Speed Football	Evaluating, Applying, Remembering	Introducing speed football basic rules, skills and game strategy
2nd Nine Weeks				
14-Oct	9.1 9.2 9.3 9.4 9.5	Mid Semester Fitness Testing Fitnessgram	Evaluation, Analysis	Demonstrating proficiency in areas of muscular strength, muscular endurance, cardiorespiratory endurance, and flexibility
21-Oct	9.1 9.2 9.3 9.4 9.5	Mid – Semester Fitness Testing Fitnessgram	Evaluation, Analysis	Demonstrating proficiency in areas of muscular strength, muscular endurance, cardiorespiratory endurance, flexibility
28-Oct	9.1 10.2 10.3 10.4 10.5	Basketball	Evaluating, Applying, Remembering	Introducing Basketball basic rules, skills and game strategy
1st Interim				
4-Nov	9.1 9.2 9.3 9.4 9.5	Basketball	Evaluating, Applying, Remembering	Introducing Basketball basic rules, skills and game strategy
11-Nov	9.1 9.2 9.3 9.4 9.5	Badminton	Evaluating, Applying, Remembering	Introducing Badminton basic rules, skills and game strategy
2nd Interim				
18-Nov	9.1 9.2 9.3 9.4 9.5	Pickle Ball	Evaluating, Applying, Remembering	Introducing Pickle Ball basic rules, skills and game strategy
25-Nov	9.1 9.2 9.3 9.4 9.5	Family Life	Evaluating, Applying	Family Life
2-Dec	9.1 9.2 9.3 9.4 9.5	Fitness Post Test Fitnessgram	Evaluating, Understanding	Demonstrating proficiency in areas of muscular strength, muscular endurance, cardiorespiratory endurance, flexibility
9-Dec	9.1 9.2 9.3 9.4 9.5	Fitness Post Test Fitnessgram	Evaluating, Understanding	Demonstrating proficiency in areas of muscular strength, muscular endurance,

				cardiorespiratory endurance, flexibility
16-Dec	9.1 9.2 9.3 9.4 9.5	Final Exams	Evaluation	P.E. exam