

**RCPS Curriculum Pacing Guide  
2013-2014  
Subject: [Physical Education 10](#)**

Week of:	SOL #	Unit	Bloom's	Objectives
<b>1<sup>st</sup> Nine Weeks</b>				
12-Aug	10.1 10.2 10.3 10.4	Introduction to Physical Education	Applying	Syllabus, Class Management, Safety, PE Log, Intro to Dynamic Stretching
19-Aug	10.1 10.2 10.3 10.4 10.5	Fitness Pre – Test	Evaluating, Understanding	Fitnessgram – Identifying 4 components of fitness – muscular strength, muscular endurance, cardiorespiratory endurance, flexibility (DE 8/22)
26-Aug	10.1 10.2 10.3 10.4 10.5	Fitness Pre – Test  Goal Setting	Evaluating, Understanding	Fitnessgram - Identifying 4 components of fitness – muscular strength, muscular endurance, cardiorespiratory endurance, flexibility (DE 827,8/30)
<b>1<sup>st</sup> Interim</b>				
2-Sept	10.1 10.2 10.3 10.4 10.5	Pedometers	Creating, Evaluating, Analysing	Learn how many steps are taken on a daily basis – Identify activity level of physical education lessons with differing content (DE 9/4,9/6)
9-Sept	10.1 10.2 10.3 10.4 10.5	BMI \ heart rate	Creating, Evaluating, Analysing	Measuring interpreting understanding and applying heart rate into fitness health and sports (DE 9/10, 9/12)
16-Sept	10.1 10.2 10.3 10.4 10.5	Tchoukball	Evaluating, Applying, Remembering	Introducing Tchoukball basic rules, skills and game strategy (DE 9/17, 9/19)
23-Sept	10.1 10.2 10.3 10.4 10.5	Handball	Evaluating, Applying, Remembering	Introducing handball basic rules, skills and game strategy (DE 9/24, 9/26)
30-Sept	10.1 10.2 10.3 10.4	Ultimate Frisbee	Evaluating,	Introducing ultimate frisbee basic rules, skills

	10.5		Applying, Remembering	and game strategy (DE 10/1, 10/3)
7-Oct	10.1 10.2 10.3 10.4 10.5	Floor Hockey	Evaluating, Applying, Remembering	Introducing floor hockey basic rules, skills and game strategy (DE 10/8, 10/10)

**2<sup>nd</sup> Nine Weeks**

14-Oct	10.1 10.2 10.3 10.4 10.5	Mid Semester Fitness Testing Fitnessgram	Evaluation, Analysis	Demonstrating proficiency in areas of muscular strength, muscular endurance, cardiorespiratory endurance, flexibility (DE 10/15, 10/17)
21-Oct	10.1 10.2 10.3 10.4 10.5	Mid – Semester Fitness Testing Fitnessgram	Evaluation, Analysis	Demonstrating proficiency in areas of muscular strength, muscular endurance, cardiorespiratory endurance, flexibility
28-Oct	10.1 10.2 10.3 10.4 10.5	Basketball	Evaluating, Applying, Remembering	Introducing Basketball basic rules, skills and game strategy (DE 10/29, 10/31)

**1<sup>st</sup> Interim**

4-Nov	10.1 10.2 10.3 10.4 10.5	Weight Training	Evaluating, Applying, Remembering	Introducing Weight Training basic rules, skills and game strategy (DE 11 /5, 11/7)
11-Nov	10.1 10.2 10.3 10.4 10.5	Badminton	Evaluating, Applying, Remembering	Introducing Badminton basic rules, skills and game strategy (DE 11/12, 11/14)

**2<sup>nd</sup> Interim**

18-Nov	10.1 10.2 10.3 10.4 10.5	Pickle Ball	Evaluating, Applying, Remembering	Introducing Pickle Ball basic rules, skills and game strategy( DE 11/19, 11/21) (Family Life 11/22)
25-Nov	10.1 10.2 10.3 10.4 10.5	Family Life	Evaluating, Applying	Family Life
2-Dec	10.1 10.2 10.3 10.4 10.5	Fitness Post Test Fitnessgram	Evaluating, Understanding	Demonstrating proficiency in areas of muscular strength, muscular endurance,

				cardiorespiratory endurance, flexibility (DE 12/2, 12/4, 12/6)
9-Dec	10.1 10.2 10.3 10.4 10.5	Fitness Post Test Fitnessgram	Evaluating, Understanding	Demonstrating proficiency in areas of muscular strength, muscular endurance, cardiorespiratory endurance, flexibility
16-Dec	10.1 10.2 10.3 10.4 10.5	Final Exams	Evaluation	P.E. exam