



**** Physical Education ****

Timeline	Unit/theme	Standard	Student Focused Objective	Resources/ Suggested Activities
Q1	Entry Sports	<p>Throw using proper form for power appropriate to the practice task. (Standard 1.2)</p> <p>Catch using proper form from a variety of trajectories using various objects and tasks. (Standard 1.3)</p> <p>Demonstrate basic knowledge of rules & regulations for a variety of games and activities. (Standard 2.1)</p> <p>ID appropriate sporting behavior & etiquette related to a variety of games and activities. (Standard 2.2)</p> <p>ID appropriate safety behaviors related to a variety of games and</p>	<p>While focusing on some entry-level sports, students will learn and hone multiple game-related skills. Some of these will include kicking and defensive fielding during kickball, playing dodgeball, and the frisbee game “elimination.”</p> <p>Students will also learn appropriate rules to various games, player and participant safety, as well as good sportsmanship.</p>	<p>Kickball Tips with Coach KandMan</p> <p>Kickball Tips With Coach KandMan</p> <p>Learn the Frisbee Basics (YouTube)</p> <p>Learn the FRISBEE basics</p>

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		<p>activities. (Standard 2.3)</p> <p>ID offensive and defensive tactics to create or reduce open space in a variety of activities. (Standard 2.4)</p>		
<p>Q1-Q4 WW</p>	<p>Workout Wednesday</p>	<p>ID positive influences as well as barriers to participating in physical activities. (Standard 3.1)</p> <p>Engage in a variety of moderate to vigorous activities. (Standard 3.2)</p> <p>ID activities one can perform outside of class. (Standard 3.3)</p> <p>ID and implement various forms of technology to enhance physical activity. (Standard 3.4)</p> <p>ID components of health-related and</p>	<p>Everyone’s favorite Workout Wednesdays returns for the 2024-2025 school year. We’ll perform a weekly workout utilizing dumbbells, slam balls, kettlebells, battle ropes, body weight movements, etc.</p> <p>Additionally, we’ll learn how engaging in physical activity can help a student’s mental health.</p> <p>Students will research various apps that relate to health and physical fitness and incorporate them in fitness tracking and goal-setting.</p> <p>Students will also learn major muscle groups and ID their use during various physical activities.</p> <p>Students will also learn to identify muscle groups as they stretch, plus learn the importance of stretching before and after activities and stretching’s role toward overall health.</p>	<p>Daily Stretching Routines (YouTube)</p> <p>BEST DAILY STRETCHING ROUTINE - 8 min Dynamic Stretching Warm Up Routine</p> <p><i>Kinesiology Made Easy- a Quick Guide to Musculoskeletal Anatomy, 4th Edition</i> — David Merlino, LMT (book)</p> <p><i>Bodyweight Strength Training Anatomy</i>— Bret Contreras (book)</p> <p><i>Dumbbell Training</i>— Allen Hedrick (book)</p>

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		<p>skill-related fitness. (Standard 3.5)</p> <p>Set & monitor an individual goal for health-related fitness based on your current fitness level. (Standard 3.6)</p> <p>Learn the role of warm-up and cool-down and discover techniques for stretching. (Standard 3.7)</p> <p>FITT formula (frequency, intensity, time, & type). (Standard 3.8)</p> <p>Understand and manipulate heart rate. (Standard 3.9)</p> <p>ID and locate major muscle groups in various physical activities. (Standard 3.10)</p> <p>ID ways to track fitness and nutrition. (Standard 3.11)</p>		
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<p>Q2</p>	<p>Team Sports</p>	<p>Pass and receive in a stationary position. (Standard 1.4) Utilize a variety of offensive skills such as pivots, fakes, etc (Standard 1.5)</p> <p>Demonstrate quick recovery when transitioning from offense to defense. (Standard 2.5)</p> <p>ID skills or strategies necessary to score. (Standard 2.6)</p> <p>ID skills or strategies necessary to prevent the opponent from scoring. (Standard 2.7)</p> <p>Vary application of movement concepts during physical activities. (Standard 2.8)</p>	<p>During the autumn quarter we'll focus on team sports such as flag football, Ultimate Frisbee, and gaga ball. The flow of football and Ultimate covers multiple pass/catch, offense/defense, sportsmanship, and movement strategies.</p> <p>Students will participate in various drills and games to utilize these standards.</p> <p>We'll also offer friendly and more competitive options for games and drills to accommodate students' needs and skills.</p> <p>Additionally and in-game, students will learn to score and develop techniques to prevent their opponent from scoring.</p>	<p>The Rules of Ultimate Frisbee Explained (YouTube)</p> <p>The Rules of Ultimate Frisbee (Ultimate) - EXPLAINED!</p> <p>NFL Flag Football Basics (YouTube)</p> <p>How to Play Flag Football NFL Flag Football Basics</p> <p>How to Play Dodgeball (Official Rules) (YouTube)</p> <p>How To Play Dodgeball OFFICIAL RULES</p>
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Q3	Individual Sports	<p>Shoot on goal. (Standard 1.7)</p> <p>Strike with form and control using an implement. (Standard 1.11)</p>	<p>For our winter quarter students will practice and/or play golf and disc golf. Students will practice driving, chipping, and putting from various distances.</p> <p>As weather permits, we'll also work on some disc golf basics. The students will learn to throw a disc and/or frisbee for accuracy on goals. Additionally, students will learn to think outside of the box by incorporating novel approaches to throwing from multiple angles and with multiple styles of throwing.</p>	<p>Disc Golf Basics (YouTube)</p> <p>The Rules of Disc Golf - EXPLAINED!</p> <p>Tiger Woods Driver Clinic (YouTube)</p> <p>Tiger Woods' Driver Clinic With Rory McIlroy and Nelly Korda TaylorMade Golf</p>
Q4	Enhanced Team Sports	<p>Dribble with dominant and non-dominant hand or foot while changing speed and/or direction. (Standard 1.6)</p> <p>Shoot on a goal with accuracy and power. (Standard 1.7)</p> <p>Demonstrate defensive readiness and movement in all directions. (Standard 1.8)</p>	<p>In our spring quarter students will participate in faster-paced, more enhanced team sports such as soccer, basketball, and volleyball.</p> <p>Students will be able to dribble with either hand (or foot) and move in game and drill situations.</p> <p>Students will then be able to shoot on a goal.</p> <p>All the while, students will also work on defensive readiness while participating in game and drill scenarios.</p> <p>During volleyball days, students will learn and perform serving with technique, striking with proper</p>	<p>Michael Jordan-MasterClass: Basketball Fundamentals (YouTube)</p> <p>Michael Jordan - Masterclass: Basketball Fundamentals</p> <p>KoKo Volley Volleyball Basics (YouTube)</p> <p>How To PASS a Volleyball! BEGINNERS</p> <p>The School of Soccer</p>

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		<p>Perform a serve using correct technique. (Standard 1.9)</p> <p>Strike with proper form. (Standard 1.10)</p> <p>Forehand-volley with mature form. (Standard 1.11)</p>	<p>form, and to volley.</p>	<p>(YouTube)</p> <p>Soccer Rules Football Rules Beginner Guide</p> <p>Soccer Roles and Positions Explained (YouTube)</p> <p>Soccer Player Roles and Positions : Soccer Players Positions Explained : Soccer</p> <p>Lionel Messi Teaches Dribbling (YouTube)</p> <p>Lionel Messi Teaching You His Dribbling Skills English Subtitles</p>
Q4	Dance Time!	<p>Recognize & ID correct rhythmic activities and sequences of steps for various dance forms. (Standard 1.1)</p>	<p>Students will learn and/or make up various dances individually or as a group. Students will create and perform a haka in class.</p>	<p>How to Do the Haka Maori Dance (YouTube)</p> <p>How to do the Haka Maori dance video step by step</p> <p>How to Vogue (YouTube)</p> <p>HOW TO VOGUE</p>
Q1-Q4	Social Interaction	<p>Display personal responsibility.</p>	<p>Throughout the course of the school year and through active class participation, Standards 4.1-4.4</p>	

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		<p>(Standard 4.1)</p> <p>ID and use appropriate strategies to self-evaluate positive behaviors. (Standard 4.2)</p> <p>Develop personal responsibility by accepting feedback to improve performance. (Standard 4.3)</p> <p>Accept differences among classmates by providing encouragement & positive feedback. (Standard 4.4)</p>	<p>should be a natural and ongoing development.</p>	
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