**ARDREY KELL HIGH SCHOOL 9TH PHYSICAL EDUCATION MASTER PLANNING GUIDE**

**Everyday objectives: 7 day unit plan**

1. **3 Components of physical fitness**
   1. **Flexibility- AK 9th PE dynamic/static routine (attached)**
   2. **Cardiovascular endurance:**
      * 1. **Distance runs - pre/post - 1 mile performance test**
        2. **Interval runs - 50%, 75%, 100% cycles**
        3. **Agility - variety, ladders**
        4. **Combination**
   3. **Muscular strength:**
2. **Pushup / variations**
3. **Planks / variations**
4. **Combination**
5. **Unit(s): Ultimate Frisbee, Basketball, Soccer, Football, Volleyball, Tennis, Chinese Ping Pong, Floor Hockey, other**
6. **Skill development/game play/progression/variation**

**Day 1 – individual skill, Sport history, rules, etiquette, vocabulary, etc**

**Skill #1: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Skill #2:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Skill #3:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Skill #4:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Skill #5:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Day 2 – individual/group skill**

**Combine skill 1-5 accordingly**

**Group – based on skill level/ability/interest**

**Day 3 – small games**

**Warm-up with modified skills (1-5):**

**Align for each student’s ability level**

**High skill level play scripted/officiate**

**Low skill level modified/assist with officiating**

**Continue skill development**

**Day 4 - small games/normal games**

**Warm-up with modified skills (1-5):**

**Align for each student’s ability level**

**High skill level play/officiate**

**Low skill level modified/assist with officiating**

**Continue skill development**

**Day 5 – small games/normal games**

**Warm-up with modified skills (1-5):**

**Align for each student’s ability level**

**High skill level play/officiate**

**Low skill level modified/assist with officiating**

**Continue skill development**

**Day 6 – small games/normal games/competition/tournaments**

**Warm-up with modified skills (1-5):**

**Align for each student’s needs**

**High skill level play/officiate**

**Low skill level modified/assist with officiating**

**Continue skill development**

**Day 7 – formal assessment options**

**Written test**

**Skills test**

**Performance test**