

Worth County Personal Fitness Pacing Guide 2016-2017

Standard	Time Required	Activities
P.E. H.S. 1-6	Week 1 & 2	<ul style="list-style-type: none"> • Syllabus – Intro class, P.E. Standards, objectives, locker assignments, expectation, and grading • Fitness-GRAM – height/weight, flexibility sit-n-reach, age, gender, DOB • Pre-Test Fitness-GRAM – 15 meter pacer, 20 meter pacer, 1 mile run, curl up test, push-up test • Mile-Run - will be the focus point for the student improvement throughout the semester. The guidelines and scoring are set by the GaDOE.
P.E. H.S. 1-6	Week 3, 4, & 5	<p>Depends on weather conditions, substitutes, & etc.</p> <ul style="list-style-type: none"> • Attached Student Documentation Form : WCHS Personal Fitness and Development Program Monday – Mile Run Tuesday – T-25 Aerobic Plyometric Wednesday – 8 Station Workout Circuit Thursday – 15 Meter Pacer & Push-up Test Friday – Curl-up Test & 20 Meter Pacer *pre stretching and warm-up and proceeding daily workout with a team development activity
P.E. H.S. 1-6	Week 6, 7, & 8	<p>Depends on weather conditions, substitutes, & etc.</p> <ul style="list-style-type: none"> • Attached Student Documentation Form : WCHS Personal Fitness and Development Program Monday – Mile Run Tuesday – T-25 Aerobic Plyometric Wednesday – 8 Station Workout Circuit Thursday – 15 Meter Pacer & Push-up Test Friday – Curl-up Test & 20 Meter Pacer *pre stretching and warm-up and proceeding daily workout with a team development activity
P.E. H.S. 1-6	Week 9	<p>Depends on weather conditions, substitutes, & etc.</p> <ul style="list-style-type: none"> • Fitness-GRAM mid-term evaluation: weight, flexibility sit-n-reach, mile run, push-up, curl-up, 10 meter pacer, 20 meter pacer. • Mile-Run - will be the focus point for the student improvement throughout the semester. The guidelines and scoring are set by the GaDOE.
P.E. H.S. 1-6	Week 10, 11, & 12	<p>Depends on weather conditions, substitutes, & etc.</p> <ul style="list-style-type: none"> • Monday – Mile Run, Intro to team sport or activity: Volleyball, Kickball, Soccer, Dodge ball, Racquetball, Tennis, Basketball Frisbee Golf, Handball, Adventure Nature Walks, Team Building Activities/Relays • Tuesday – Indoor/Outdoor Activity (Depends on what is introduced Monday. The activity will be in two week lessons. • Wednesday : 8 Station Workout Circuit • Thursday - Indoor/Outdoor Activity (Depends on what is introduced Monday. The activity will be in two week lessons. • Friday - Indoor/Outdoor Activity (Depends on what is introduced Monday. The activity will be in two week lessons.

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P.E. H.S. 1-6	Week 13, 14, & 15	<p>Depends on weather conditions, substitutes, & etc.</p> <ul style="list-style-type: none"> • Monday – Mile Run, Intro to team sport or activity: Volleyball, Kickball, Soccer, Dodge ball, Racquetball, Tennis, Basketball Frisbee Golf, Handball, Adventure Nature Walks, Team Building Activities/Relays • Tuesday – Indoor/Outdoor Activity (Depends on what is introduced Monday. The activity will be in two week lessons. • Wednesday : 8 Station Workout Circuit • Thursday - Indoor/Outdoor Activity (Depends on what is introduced Monday. The activity will be in two week lessons. • Friday - Indoor/Outdoor Activity (Depends on what is introduced Monday. The activity will be in two week lessons.
P.E. H.S. 1-6	Week 16, & 17	<p>Depends on weather conditions, substitutes, & etc.</p> <ul style="list-style-type: none"> • Monday – Mile Run, Intro to team sport or activity: Volleyball, Kickball, Soccer, Dodge ball, Racquetball, Tennis, Basketball Frisbee Golf, Handball, Adventure Nature Walks, Team Building Activities/Relays • Tuesday – Indoor/Outdoor Activity (Depends on what is introduced Monday. The activity will be in two week lessons. • Wednesday : 8 Station Workout Circuit • Thursday - Indoor/Outdoor Activity (Depends on what is introduced Monday. The activity will be in two week lessons. • Friday - Indoor/Outdoor Activity (Depends on what is introduced Monday. The activity will be in two week lessons.
P.E. H.S. 1-6	Week 18	<p>Depends on weather conditions, substitutes, & etc.</p> <ul style="list-style-type: none"> • Fitness-GRAM mid-term evaluation: weight, flexibility sit-n-reach, mile run, push-up, curl-up, 10 meter pacer, 20 meter pacer. • Mile-Run - will be the focus point for the student improvement throughout the semester. The guidelines and scoring are set by the GaDOE.