

Name: ASHCRAFT		Grading Quarter: 3	Week Beginning: 1
School Year: 2024		Subject: Physical Education	
Monday	Notes:	Objective: Understand school rules and how to use our school planners Lesson Overview: Intro to school rules and expectations	Academic Standards: S4.M1 S4.M4 S4.M6 S4.M7
Tuesday	Notes:	Objective: Understand classroom rules and expectations. What to expect from PE this year. Lesson Overview: Intro to class Rules and expectations Classmate Bingo	Academic Standards: S4.M1 S4.M4 S4.M6 S4.M7
Wednesday	Notes:	Objective: Get to know our classmates and work together to reach a goal. Lesson Overview: Review safety rules Team building activities: Floor is Lava,	Academic Standards: S4.M1 S4.M4 S4.M6 S4.M7
Thursday	Notes:	Objective: Discuss personal responsibilities by using appropriate etiquette and safe behaviors. Lesson Overview: Practice using team etiquette while playing 5 base a kickball game. Discuss rules of the game.	Academic Standards: S4.M1 S4.M4 S4.M6 S4.M7
Friday	Notes:	Objective: Students will use fitness equipment appropriately and safely. Lesson Overview: Review 5 base rules and play.	Academic Standards: S4.M1 S4.M4 S4.M6 S4.M7

Name: Ashcraft		Grading Quarter: 3	Week Beginning: 2
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School Year: 2024		Subject: PE	
Monday	Notes:	Objective: To throw while stationary, lead pass to a moving target Lesson: Introduction to throwing and catching with a medium sized ball. Learn correct throwing and catching form.	Academic Standards: S1.M4 S1.M3 S1.M5
Tuesday	Notes:	Objective: Pass and receive to a moving target. Lesson Overview: Drills that involve throwing a ball to moving target and the target receiving the ball.	Academic Standards: S1.M4 S1.M3 S1.M5
Wednesday	Notes:	Objective: Throw while stationary. Lesson Overview: Review the throwing and catching concepts. Students will practice throwing a soft ball to a partner, the partner will catch with a baseball/softball glove. Keep eye on the ball as you catch. Move the glove to the ball. Elbow high, point to target, step to throw, use hips.	Academic Standards: S1.M4 S1.M3 S1.M5
Thursday	Notes:	Objective: Throw while stationary, lead pass to moving target. Pass and receive to a moving target. Lesson Overview: Practice throws with the football. Run simple routes and throw to runner. Location important, lead runner to the pass.	Academic Standards: S1.M4 S1.M3 S1.M5
Friday	Notes:	Objective: Throw while stationary, lead pass to moving target. Lesson Overview: Warmup: Active stretching 5 base kick ball	Academic Standards: S1.M4 S1.M3 S1.M5
Name: Ashcraft		Grading Quarter: 3	Week Beginning: 3

School Year: 2024		Subject: Physical Education	
Monday	Notes:	Objective: Students will reach their Healthy Fitness Zones when completing the Pacer Test Lesson Overview: Students will learn about resting and active heart rates, students will run the Pacer Test and see if they made it in their healthy fitness zone.	Academic Standards: S3.M8 S3.M6
Tuesday	Notes:	Objective: Students will reach their Healthy Fitness Zones when completing the Pacer Test Lesson Overview: Students will learn about resting and active heart rates, students will run the Pacer Test and see if they made it in their healthy fitness zone.	Academic Standards: S3.M8 S3.M6
Wednesday	Notes:	Objective: Students will create a SMART goal to run a faster mile. Lesson Overview: Students will complete track workout to help reach SMART goal set for themselves.	Academic Standards: S3.M8 S3.M6
Thursday	Notes:	Objective: Students will create a SMART goal to run a faster mile. Lesson Overview: Students will complete track workout to help reach SMART goal set for themselves.	Academic Standards: S3.M8 S3.M6
Friday	Notes:	Objective: Students will create a SMART goal to run a faster mile. Lesson Overview: Students will complete track workout to help reach SMART goal set for themselves.	Academic Standards: S3.M8 S3.M6

Name: Ashcraft	Grading Quarter: 3	Week Beginning: 4
School Year: 2024		Subject: Physical Education

Monday	Notes: Ground shot Volley Serve Dink	Objective: Learn how to use a forehand and backhand grip to make a ground shot and a volley. Lesson Overview: Pickleball Partner drills to practice hitting a ground shot over the net to a partner. Practice moving close to the net and hitting a volley over the net.	Academic Standards: S1.M14 S1.M16
Tuesday	Notes:	Objective: Understand basic rules of Pickleball, serve the pickle ball over the net to the correct area. Lesson Overview: Partner serving drills, serving underhand and to the opposite side diagonally.	Academic Standards: S1.M14 S1.M16
Wednesday	Notes:	Objective: Students will work toward their SMART goal to run a mile. Lesson Overview: Students will complete track workout to help reach SMART goal set for themselves.	Academic Standards: S3.M8 S3.M6
Thursday	Notes:	Objective: Use skills and rules to play a partner pickleball game. Lesson Overview: Students will rotate to play each partnership in a game of pickleball.	Academic Standards: S1.M14 S1.M16
Friday	Notes:	Objective: Use skills and rules to play a partner pickleball game. Lesson Overview: Students will rotate to play each partnership in a game of pickleball.	Academic Standards: S1.M14 S1.M16

Name: Ashcraft		Grading Quarter: 3	Week Beginning: 5
School Year: 2024		Subject: Physical Education	
Monday	Notes:	Objective: Students will dribble the basketball with left and right hands while running, will correctly use a bounce pass, and chest pass. Lesson Overview: Basketball Basketball drills to pass to a partner and individual drills to practice dribbling.	Academic Standards: S1.M3 S1.M4 S1.M6
Tuesday	Notes:	Objective: Students will shoot a basketball with correct form and make it into the basket. Lesson Overview: Review/learn correct shooting form. Practice low shots, jump shots, free throws and 3 point shots. Review rules.	Academic Standards: S1.M3 S1.M4 S1.M6
Wednesday	Notes:	Objective: Students will work toward their SMART goal to run a mile. Lesson Overview: Students will complete track workout to help reach SMART goal set for themselves.	Academic Standards: S3.M8 S3.M6
Thursday	Notes:	Objective: Use skills to play basketball games with 5 players. Lesson Overview: Students will play a game to 10 points with other teams using correct rules.	Academic Standards: S1.M3 S1.M4 S1.M6
Friday	Notes:	Objective: Use skills to play basketball games with 5 players. Lesson Overview: Students will play a game to 10 points with other teams using correct rules.	Academic Standards: S1.M3 S1.M4 S1.M6

Name: Ashcraft		Grading Quarter: 3	Week Beginning: 6
School Year: 2024		Subject: Physical Education	
Monday	Notes:	Objective: Use a forehand grip to pass the puck to a partner. Lesson Overview: Hockey Students will pass the puck with a partner, they will practice absorbing the pass and passing to their partner with a forehand grip.	Academic Standards: S1.M11 S1.M12 S1.M13 S1.M14
Tuesday	Notes:	Objective: Use a backhand grip to pass the puck to a partner. Lesson Overview: Students will pass the puck with a partner, they will practice absorbing the pass and passing to their partner with a backhand and forehand grip.	Academic Standards: S1.M11 S1.M12 S1.M13 S1.M14
Wednesday	Notes:	Objective: Students will work toward their SMART goal to run a mile. Lesson Overview: Students will complete track workout to help reach SMART goal set for themselves.	Academic Standards: S3.M8 S3.M6
Thursday	Notes:	Objective: Students will dribble and use a forehand or backhand grip to pass to a partner. Lesson Overview: Students will work with a partner to practice dribbling and passing using forehand and backhand grip on the hockey stick.	Academic Standards: S1.M11 S1.M12 S1.M13 S1.M14
Friday	Notes:	Objective: Students will dribble and shoot the puck into the goal net, and also use goalie skills to prevent a score. Lesson Overview Students will work with a partner to practice dribbling and shooting the puck using forehand and backhand grip on the hockey stick and into the goal.	Academic Standards: S1.M11 S1.M12 S1.M13 S1.M14

Name: Ashcraft		Grading Quarter: 3	Week Beginning: 7
School Year: 2024		Subject: Physical Education	
Monday	Notes:	Objective: Students will use correct rules and understand positions. Lesson Overview: Class will learn about the rules of hockey and the positions that will be played in our indoor game of hockey. Defense, offense, forward, no high sticks	Academic Standards: S1.M11 S1.M12 S1.M13 S1.M14
Tuesday	Notes:	Objective: Students will use skills, rules and positions to play game of hockey Lesson Overview: Students will be divided into teams and will take turns playing a 5 minute game.	Academic Standards: S1.M11 S1.M12 S1.M13 S1.M14
Wednesday	Notes:	Objective: Students will work toward their SMART goal to run a mile. Lesson Overview: Students will complete track workout to help reach SMART goal set for themselves.	Academic Standards: S3.M8 S3.M6
Thursday	Notes:	Objective: Students will use skills, rules and positions to play game of hockey. Lesson Overview: Students will be divided into teams and will take turns playing a 5 minute game.	Academic Standards: S1.M11 S1.M12 S1.M13 S1.M14
Friday	Notes:	Objective: Students will use skills, rules and positions to play game of hockey. Lesson Overview Students will be divided into teams and will take turns playing a 5 minute game.	Academic Standards: S1.M11 S1.M12 S1.M13

Name: Ashcraft		Grading Quarter: 4	Week Beginning: 8
School Year: 2024		Subject: Physical Education	
Monday	Notes:	Objective: Practice forehand grip to pass birdie to partner and over the net. Lesson Overview: Badminton Learn how to hold racket with a forehand grip, pass to partner. Practice moving to pass the birdie.	Academic Standards: S1.M11 S1.M12 S1.M13 S1.M14 S1.M16
Tuesday	Notes:	Objective: Practice backhand grip to pass birdie to partner or over net. Lesson Overview: Badminton Learn the backhand grip and practice with a partner.	Academic Standards: S1.M11 S1.M12 S1.M13 S1.M14 S1.M16
Wednesday	Notes:	Objective: Students will work toward their SMART goal to run a mile. Lesson Overview: Students will complete track workout to help reach SMART goal set for themselves.	Academic Standards: S3.M8 S3.M6
Thursday	Notes:	Objective: Use forehand and backhand in appropriate situations to hit birdie over the net. Lesson Overview: Badminton Students will practice using a forehand and backhand grip to hit the birdie to a partner over the net.	Academic Standards: S1.M11 S1.M12 S1.M13 S1.M14 S1.M16
Friday	Notes:	Objective: Use forehand and backhand in appropriate situations to hit birdie over the net. Lesson Overview Badminton Students will practice using forehand and backhand to hit birdie over the net to a partner.	Academic Standards: S1.M11 S1.M12 S1.M13 S1.M14 S1.M16

Name: Ashcraft		Grading Quarter: 4	Week Beginning: 9
School Year: 2024		Subject: Physical Education	
Monday	Notes:	Objective: Use forehand and backhand racket skills correctly. Lesson Overview: Badminton Students will work on drills to learn how to move to the birdie and use a forehand or backhand hit to hit birdie to opposite side of the net.	Academic Standards: S1.M11 S1.M12 S1.M13 S1.M14 S1.M16
Tuesday	Notes:	Objective: Students will understand badminton rules and follow correctly to play a match. Lesson Overview: Badminton Students will understand rules and practice by playing a match with other students.	Academic Standards: S1.M11 S1.M12 S1.M13 S1.M14 S1.M16
Wednesday	Notes:	Objective: Students will work toward their SMART goal to run a mile. Lesson Overview: Students will complete track workout to help reach SMART goal set for themselves.	Academic Standards: S3.M8 S3.M6
Thursday	Notes:	Objective: Students will use badminton skills to compete in tournament competition. Lesson Overview: Badminton Partners will compete against other partners using skills practiced.	Academic Standards: S1.M11 S1.M12 S1.M13 S1.M14 S1.M16
Friday	Notes:	Objective: Students will use badminton skills to compete in tournament competition. Lesson Overview Badminton Partners will compete against other partners using skills practiced.	Academic Standards: S1.M11 S1.M12 S1.M13 S1.M14

Name: Ashcraft		Grading Quarter: 4	Week Beginning: 10
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School Year: 2024		Subject: Physical Education	
Monday	Notes:	Objective: Students will learn correct form to pass a ball to a target. Lesson Overview: Volleyball Students will practice passing to a partner with a toss and back and forth.	Academic Standards: S1.M11/12 S1.M13 S1.M16
Tuesday	Notes:	Objective: Students will learn correct form to pass a ball to a target while moving to the ball. Lesson Overview: Whole group drills to move the body to make a good pass to a target.	Academic Standards: S1.M11/12 S1.M13 S1.M16
Wednesday	Notes:	Objective: Students will work toward their SMART goal to run a mile. Lesson Overview: Students will complete track workout to help reach SMART goal set for themselves.	Academic Standards: S3.M8 S3.M6
Thursday	Notes:	Objective: Students will learn how to set a ball and hit a ball over the net. Lesson Overview: Students will participate in setting to partners, and proper hitting form and approach.	Academic Standards: S1.M11/12 S1.M13 S1.M16
Friday	Notes:	Objective: Use skills learned to play a game. Lesson Overview Students will use passing and setting skills to play a simple volleyball game.	Academic Standards: S1.M11/12 S1.M13 S1.M16

Name: Ashcraft	Grading Quarter: 4	Week Beginning: 11
School Year: 2024		Subject: Physical Education

Monday	Notes:	Objective: Students will serve the ball overhand or underhand, over the net. Lesson Overview:	Academic Standards: S1.M11/12 S1.M13 S1.M16
Tuesday	Notes:	Objective: Students will use volleyball skills to complete movement drills and games to improve. Lesson Overview: Students will play different volleyball drill/games using passing, setting and serving drills.	Academic Standards: S1.M11/12 S1.M13 S1.M16
Wednesday	Notes:	Objective: Students will work toward their SMART goal to run a mile. Lesson Overview: Students will complete track workout to help reach SMART goal set for themselves.	Academic Standards: S3.M8 S3.M6
Thursday	Notes:	Objective: Students use passing, setting, spiking and serving skills to play a match. Lesson Overview: Teams of six will play each other in a round robin style tournament.	Academic Standards: S1.M11/12 S1.M13 S1.M16
Friday	Notes:	Objective: Students use passing, setting, spiking and serving skills to play a match. Lesson Overview: Teams of six will play each other in a round robin style tournament.	Academic Standards: S1.M11/12 S1.M13 S1.M16

Name: Ashcraft	Grading Quarter: 4	Week Beginning: 12
School Year: 2024	Subject: Physical Education	

Monday	Notes:	Objective: Practice throwing a frisbee to a stationary partner and learn how to lead a pass to moving target. Lesson Overview: Ultimate Frisbee Practice using a forehand and backhand grip while throwing to a partner.	Academic Standards: S1.M5
Tuesday	Notes:	Objective: Use offensive skills to pivot, fake, and jab step to move toward the frisbee. Lesson Overview: Ultimate Frisbee Students will practice offensive drills to move away from a defender. Review rules of the game.	Academic Standards: S1.M6
Wednesday	Notes:	Objective: Students will work toward their SMART goal to run a mile. Lesson Overview: Students will complete track workout to help reach SMART goal set for themselves.	Academic Standards: S3.M8 S3.M6
Thursday	Notes:	Objective: Use throwing skills and offense and defensive skills to play Ultimate Frisbee. Lesson Overview: Divide into two teams and compete in the game Ultimate Frisbee	Academic Standards: S1.M5 S1.M6
Friday	Notes:	Objective: Use throwing skills and offense and defensive skills to play Ultimate Frisbee. Lesson Overview Divide into two teams and compete in the game Ultimate Frisbee	Academic Standards: S1.M5 S1.M6

Name: Ashcraft	Grading Quarter: 4	Week Beginning: 13
School Year: 2024	Subject: Physical Education	

Monday	Notes:	Objective: Catch, throw, kick, pass, and run to score points in the game of speedball. Lesson Overview: SPEEDBALL Review kicking, throwing and catching fundamentals. Review defensive and offensive skills. Learn rules of the game and 3 ways to score.	Academic Standards: S1.M9 S1.M7 S1.M10 S1.M4
Tuesday	Notes:	Objective: Catch, throw, kick, pass, and run to score points in the game of speedball. Lesson Overview: SPEEDBALL Divide into teams to, team captain will work with team to practice soccer and football skills.	Academic Standards: S1.M9 S1.M7 S1.M10 S1.M4
Wednesday	Notes:	Objective: Students will work toward their SMART goal to run a mile. Lesson Overview: Students will complete track workout to help reach SMART goal set for themselves.	Academic Standards: S3.M8 S3.M6
Thursday	Notes:	Objective: Catch, throw, kick, pass, and run to score points in the game of speedball. Lesson Overview: SPEEDBALL Teams will compete in SPEEDBALL game.	Academic Standards: S1.M9 S1.M7 S1.M10 S1.M4
Friday	Notes:	Objective: Catch, throw, kick, pass, and run to score points in the game of speedball. Lesson Overview SPEEDBALL Teams will compete in SPEEDBALL game.	Academic Standards: S1.M9 S1.M7 S1.M10 S1.M4

Name: Ashcraft	Grading Quarter: 4	Week Beginning: 14
School Year: 2024	Subject: Physical Education	

Monday	Notes:	Objective: Practice forehand grip to pass birdie to partner and over the net. Lesson Overview: Field Hockey	Academic Standards: S1.M11 S1.M12 S1.M13 S1.M14 S1.M16
Tuesday	Notes:	Objective: Practice backhand grip to pass birdie to partner or over net. Lesson Overview: Field Hockey	Academic Standards: S1.M11 S1.M12 S1.M13 S1.M14 S1.M16
Wednesday	Notes:	Objective: Students will work toward their SMART goal to run a mile. Lesson Overview: Students will complete track workout to help reach SMART goal set for themselves.	Academic Standards: S3.M8 S3.M6
Thursday	Notes:	Objective: Use forehand and backhand in appropriate situations to hit birdie over the net. Lesson Overview: Field Hockey Students will practice using a forehand and backhand grip to hit the birdie to a partner over the net.	Academic Standards: S1.M11 S1.M12 S1.M13 S1.M14 S1.M16
Friday	Notes:	Objective: Use forehand and backhand in appropriate situations to hit birdie over the net. Lesson Overview Field Hockey Students will practice using forehand and backhand to hit birdie over the net to a partner.	Academic Standards: S1.M11 S1.M12 S1.M13 S1.M14 S1.M16

Name: Ashcraft		Grading Quarter: 4	Week Beginning: 15
School Year: 2024		Subject: Physical Education	
Monday	Notes:	Objective: Use forehand and backhand grip skills correctly.	Academic Standards:

		Lesson Overview: Field Hockey Students will use skills to pass to a partner from varying lengths.	S1.M11 S1.M12 S1.M13 S1.M14 S1.M16
Tuesday	Notes:	Objective: Students will understand field hockey rules and follow correctly to play a game. Lesson Overview: Field Hockey Students will understand rules and practice by playing a match with other students.	Academic Standards: S1.M11 S1.M12 S1.M13 S1.M14 S1.M16
Wednesday	Notes:	Objective: Students will work toward their SMART goal to run a mile. Lesson Overview: Students will complete track workout to help reach SMART goal set for themselves.	Academic Standards: S3.M8 S3.M6
Thursday	Notes:	Objective: Students will use hoc skills to compete in tournament competition. Lesson Overview: Field Hockey Partners will compete against other partners using skills practiced.	Academic Standards: S1.M11 S1.M12 S1.M13 S1.M14 S1.M16
Friday	Notes:	Objective: Students will use badminton skills to compete in tournament competition. Lesson Overview Field Hockey Partners will compete against other partners using skills practiced.	Academic Standards: S1.M11 S1.M12 S1.M13 S1.M14 S1.M16

Name: Ashcraft	Grading Quarter: 4	Week Beginning: 16
School Year: 2024	Subject: Physical Education	

Monday	Notes:	Objective: Proper running form for running events in track and field. Lesson Overview: A variety of drills will be performed to create proper running form to reduce injury and create more efficient running.	Academic Standards: S3.M12 S3.M9
Tuesday	Notes:	Objective: Use correct jumping form to perform a long jump. Lesson Overview: Drills will be performed to learn how to correctly jump and perform a long jump for track and field.	Academic Standards: S3.M12 S3.M9
Wednesday	Notes:	Objective: Students will work toward their SMART goal to run a mile. Lesson Overview: Students will complete track workout to help reach SMART goal set for themselves.	Academic Standards: S3.M8 S3.M6
Thursday	Notes:	Objective: Use skills learned in track and field unit to complete with other students. Lesson Overview: students will compete in a mock track and field meet. Long Jump, Shot put, high jump, and a variety of races.	Academic Standards: S3.M12 S3.M9
Friday	Notes:	Objective: Use skills learned in track and field unit to complete with other students. Lesson Overview: students will compete in a mock track and field meet. Long Jump, Shot put, high jump, and a variety of races.	Academic Standards: S3.M12 S3.M9

Name: Ashcraft		Grading Quarter: 4	Week Beginning: 17
School Year: 2024		Subject: Physical Education	
Monday	Notes:	Objective: Review for Exam	Academic Standards:

		Lesson Overview: Review concepts learned over the course of the semester to prepare for final exam.	S1.M4 S1.M3 S1.M5
Tuesday	Notes:	Objective: Wiffle Ball Lesson Overview: Students will use throwing, catching and batting skills to play wiffle ball.	Academic Standards: S1.M4 S1.M3 S1.M5
Wednesday	Notes:	Objective: Complete final PE Exam Lesson Overview: Students will complete the PE final exam.	Academic Standards: All standards
Thursday	Notes:	Objective: Use running skills to complete Pacer Test. Lesson Overview: Students will complete the Pacer Test to see if they are in their healthy fitness zone.	Academic Standards: S3.M8 S3.M6
Friday	Notes:	Objective: Use running skills. Lesson Overview Students will complete the Pacer Test to see if they are in their healthy fitness zone.	Academic Standards: S3.M8 S3.M6

Name: Ashcraft		Grading Quarter: 4	Week Beginning: 18
School Year: 2024		Subject: Physical Education	
Monday	Notes:	Objective: Computer Turn in Lesson Overview:	Academic Standards:

		Turn in locks and clean out lockers.	
Tuesday	Notes:	Objective: Talent Show Lesson Overview:	Academic Standards:
Wednesday	Notes:	Objective: Promotion Party Lesson Overview:	Academic Standards:
Thursday	Notes:	Objective: Last Day of School Lesson Overview: Awards Ceremony	Academic Standards:
Friday	Notes:	Objective: NO SCHOOL Lesson Overview	Academic Standards: