

Advanced Physical Education

1ST QUARTER

Unit 1—Fitness Testing (Mile timed; strength; flexibility; HT/WT/% Body Fat)

Unit 2—Speedball

**Written Test

Unit 3—Softball

**Written test

Unit 4—Football

**Written Test

Unit 5—Dance/Aerobic—Team Teaching Routine

**Student(s) will also develop a Personal workout plan.

**Student(s) will be responsible for doing (6) Article Critiques.

M/W/F—Strength Training (30 min.)

T/TH—Speed/agility/cardio training (30 min.)

2ND QUARTER

Unit 6—Volleyball

**Written Test

Unit 7—Basketball

**Written Test

Unit 8—Team Handball

Unit 9—Ping Pong; Pickleball; Badmitton

**Written Test

Unit 10—Dance/Aerobic Part 2—Team Teaching

End of year Fitness Testing

**Student(s) will develop a Personal workout plan.

**Student(s) will be responsible for doing (6) Article Critique/summaries.

M/W/F—Strength training (30 min.)

T/TH—Speed/agility/cardio training (30 min.)