

2020-2021 PHYSICAL EDUCATION 1 UNIT PROGRESSION

August 10– October 16, 2020

Finding your Greatness
What is physical fitness?
Components of fitness
Physical Activities

October 19 – December 18, 2020

Effective training
Systems of the Body
Teammates Matter
Physical Activity

January 4 – March 12, 2021

Systems of the Body
Indoor Sports
Life Sports
Physical Activity

March 15 – May 28, 2021

Food Pyramid
Nutrition and Diet
Physical Activity