**2020-2021 School Year Weekly Calendar**

***Short Weeks Are In Red***

**First Six Weeks**

**Week 1, August 12th-14th**

* Your Fitness Log

**Week 2, August 17th-21st**

* Physical Fitness Basics
* Physical Fitness and Lifestyle

**Week 3, August 24th -28th**

* Physical Activity Benefits
* Physical Fitness Attitudes

**Week 4, August 31st –September 4th**

* Topic Test
* Beginning An Exercise Program

**Week 5, September 8th- 11th**

* Environmental Conditions and Safety

**Week 6, September 14th- 18th**

* Common Sports Injuries and Prevention
* Treatment for Common Sports Injuries

**Second Six Weeks**

**Week 1, September 21st -25th**

* Topic Test
* Principles of Exercise

**Week 2, September 28th –October 2nd**

* Health-related Fitness
* Skill-related Fitness

**Week 3, October 5th -9th**

* Fitness Evaluation
* Movement

**Week 4, October 13th -16th**

* Stability & Range of Motion
* Integrated Movement

**Week 5, October 19th – 23rd**

* Topic Test
* Cardiorespiratory Fitness

**Week 6, October 26th – 30th**

* The Cardiovascular and Respiratory
* Cardiovascular Diseases

**Third Six Weeks**

**Week 1, November 2nd -6th**

* Physical Activity and Cardiorespiratory Fitness
* Developing Cardiorespiratory Fitness

**Week 2, November 9th – 13th**

* Exploring Activities for Cardiorespiratory Fitness
* Topic Test

**Week 3, November 16th – 20th**

*  The Skeletal, Muscular, and Nervous Systems
* Muscular Strength and Endurance

**Week 4, November 30th – December 4th**

* Developing Muscular Strength and Endurance
* Safe Weight Training

**Week 5, December 7th – 11th**

* Exploring Exercises for Muscular Fitness
* Factors Influencing Flexibility

**Week 6, December 14th – 18th**

* Physical Activity and Flexibility
* Safe and Effective Stretching
* Topic Test

**Fourth Six Weeks**

**Week 1, January 5th – 8th**

* Food and Health
* Nutritional Needs

**Week 2, January 11th – 14th**

* Guidelines for Healthy Eating
* Healthy Body Composition

**Week 3, January 19th -22nd**

* Determining and Controlling Body Composition
* Diets

**Week 4, January 25th -29th**

* Body Image and Eating Disorders
* Topic Test

**Week 5, February 1st -5th**

* Team Sports
* Individual Sports

**Week 6, February 8th -12th**

* Skills and Tactics
* Participating in Sports

**Week 7, February 16th – 19th**

* Being a Good Sport

**Fifth Six Weeks**

**Week 1, February 22nd – 26th**

* Diversity in Sports
* Topic Test

**Week 2, March 1st – 5th**

*  Leadership
* Conflict Management

**Week 3, March 8th -11th**

* Communication

**Week 4, March 22nd – 26th**

* Stress and Health
* Coping with Stress

**Week 5, March 29th – April 1st**

* Time Management

**Week 6, April 5th – 9th**

* Topic Test
* Setting Healthy Goals

**Week 7, April 13th – 16th**

* Activity Selection

**Sixth Six Weeks**

**Week 1, April 19th -23rd**

* Your Fitness Plan
* Aging and Fitness

**Week 2, April 26th -30th**

* Lifetime Fitness
* Topic Test

**Week 3, May 3rd -7th**

* Making Consumer Choices
* Choosing Health Services

**Week 4, May 10th – 14th**

* Dealing with Consumer Issues

**Week 5, May 17th -21st**

* Fitness Centers and Equipment
* Topic Test

**Week 6, May 24th -26th**

**Cumulative Exam**