Holton Public Schools

PACING GUIDE AND CURRICULUM MAPPING

Grade Level(s) 10-12 **Course** Fitness **Date Last Revised** September 2010

Pacing *September*	Curriculum Focus				Instructional Strategies & Activities	Resources	Assessments
	GLCE/HSCE	**Unit(s) or Topic(s)**	**Student Skills**	**Vocabulary** Words To Know Content & Academic			
Tri-mester **September-November**							
	S-4 achieves and maintains enhancing level of fitness	Weight lifting 3x weekly Jump rope 2x weekly Strength,agility, endurance activities	Students will work at various stations designed for certain muscle groups Students will increase weight and reps on a case by case regiment Students will increase numbers in a timed jump rope sequence	Various stations and name equip. Endurance Stability Isokenetic Aerobic Warm-up Strength Body composition Overload principle fitness	**Peer-tutors** **Guides** **Repetition** **Activity increase**	**Work-out sheets and guides**	**Student record** **Pre-post test** **Skill testing** **Informal observation**
	S-3 participates regularly in lifelong physical activity						
	S-2 demonstrates inderstanding of movement concepts, principles,strategies, and tactics as they apply to learning and performance of physical activity						

Pacing *Year, Month or Week (length of time)*	**Curriculum Focus**				**Instructional Strategies & Activities** *Interventions, accommodations, technology integration (required & supplemental materials)*	**Resources** *Various resources used to support student learning (i.e.), technology, media, required &supplemental materials.*	**Assessments** *Types: classroom, rubrics, common grade level, formative, subjective, evidence used to measure performance & skills*
	GLCE/HSCE **Aligned Standard/Benchmark** Include Code (ie: N.ME.04.05), Description/Objective	**Unit(s) or Topic(s)**	**Student Skills**	**Vocabulary** **Words To Know Content & Academic** *Not limited to list **but** shows relationship to content/topic*			
October							

Pacing *Year, Month or Week (length of time)*	**Curriculum Focus**				**Instructional Strategies & Activities** *Interventions, accommodations, technology integration (required & supplemental materials)*	**Resources** *Various resources used to support student learning (i.e.), technology, media, required &supplemental materials.*	**Assessments** *Types: classroom, rubrics, common grade level, formative, subjective, evidence used to measure performance & skills*
	GLCE/HSCE **Aligned Standard/Benchmark** Include Code (ie: N.ME.04.05), Description/Objective	**Unit(s) or Topic(s)**	**Student Skills**	**Vocabulary** **Words To Know Content & Academic** *Not limited to list **but** shows relationship to content/topic*			
November							

Pacing *Year, Month or Week (length of time)*	**Curriculum Focus**				**Instructional Strategies & Activities** *Interventions, accommodations, technology integration (required & supplemental materials)*	**Resources** *Various resources used to support student learning (i.e.), technology, media, required &supplemental materials.*	**Assessments** *Types: classroom, rubrics, common grade level, formative, subjective, evidence used to measure performance & skills*
	GLCE/HSCE **Aligned Standard/Benchmark** Include Code (ie: N.ME.04.05), Description/Objective	**Unit(s) or Topic(s)**	**Student Skills**	**Vocabulary** **Words To Know Content & Academic** *Not limited to list **but** shows relationship to content/topic*			
December							

Pacing *Year, Month or Week (length of time)*	**Curriculum Focus**				**Instructional Strategies & Activities** *Interventions, accommodations, technology integration (required & supplemental materials)*	**Resources** *Various resources used to support student learning (i.e.), technology, media, required &supplemental materials.*	**Assessments** *Types: classroom, rubrics, common grade level, formative, subjective, evidence used to measure performance & skills*
	GLCE/HSCE **Aligned Standard/Benchmark** Include Code (ie: N.ME.04.05), Description/Objective	**Unit(s) or Topic(s)**	**Student Skills**	**Vocabulary** **Words To Know Content & Academic** *Not limited to list **but** shows relationship to content/topic*			
January							

Pacing *Year, Month or Week (length of time)*	**Curriculum Focus**				**Instructional Strategies & Activities** *Interventions, accommodations, technology integration (required & supplemental materials)*	**Resources** *Various resources used to support student learning (i.e.), technology, media, required &supplemental materials.*	**Assessments** *Types: classroom, rubrics, common grade level, formative, subjective, evidence used to measure performance & skills*
	GLCE/HSCE **Aligned Standard/Benchmark** Include Code (ie: N.ME.04.05), Description/Objective	**Unit(s) or Topic(s)**	**Student Skills**	**Vocabulary** **Words To Know Content & Academic** *Not limited to list **but** shows relationship to content/topic*			
February							

Pacing *Year, Month or Week (length of time)*	**Curriculum Focus**				**Instructional Strategies & Activities** *Interventions, accommodations, technology integration (required & supplemental materials)*	**Resources** *Various resources used to support student learning (i.e.), technology, media, required &supplemental materials.*	**Assessments** *Types: classroom, rubrics, common grade level, formative, subjective, evidence used to measure performance & skills*
	GLCE/HSCE **Aligned Standard/Benchmark** Include Code (ie: N.ME.04.05), Description/Objective	**Unit(s) or Topic(s)**	**Student Skills**	**Vocabulary** **Words To Know Content & Academic** *Not limited to list **but** shows relationship to content/topic*			
March							

Pacing *Year, Month or Week (length of time)*	**Curriculum Focus**				**Instructional Strategies & Activities** *Interventions, accommodations, technology integration (required & supplemental materials)*	**Resources** *Various resources used to support student learning (i.e.), technology, media, required &supplemental materials.*	**Assessments** *Types: classroom, rubrics, common grade level, formative, subjective, evidence used to measure performance & skills*
	GLCE/HSCE **Aligned Standard/Benchmark** Include Code (ie: N.ME.04.05), Description/Objective	**Unit(s) or Topic(s)**	**Student Skills**	**Vocabulary** **Words To Know Content & Academic** *Not limited to list **but** shows relationship to content/topic*			
April							

Pacing *Year, Month or Week (length of time)*	**Curriculum Focus**				**Instructional Strategies & Activities** *Interventions, accommodations, technology integration (required & supplemental materials)*	**Resources** *Various resources used to support student learning (i.e.), technology, media, required &supplemental materials.*	**Assessments** *Types: classroom, rubrics, common grade level, formative, subjective, evidence used to measure performance & skills*
	GLCE/HSCE **Aligned Standard/Benchmark** Include Code (ie: N.ME.04.05), Description/Objective	**Unit(s) or Topic(s)**	**Student Skills**	**Vocabulary** **Words To Know Content & Academic** *Not limited to list **but** shows relationship to content/topic*			
May/June							