

## 9<sup>th</sup> Grade Physical Education Pacing Guide

August 2015

1 <sup>st</sup> Nine Weeks	
<p><b>Students will be responsible for skill mastery in a variety of team and individual sports, as well as outdoor and leisure activities. They will apply previous movement principles to achieve and improve their level of physical fitness.</b></p> <p><b>The Pacing Guide will be centered around the Virginia SOLs, which focus on the areas of Skilled Movement, Movement and Performance, Personal Fitness, Physically Active Lifestyle, and Responsible Behavior. Each unit will cover components in each of these areas.</b></p> <p><b>SOL 9.1, 9.2, 9.3</b></p> <ul style="list-style-type: none"><li>• Conditioning<ul style="list-style-type: none"><li>- Jogging/Walking</li><li>- Sprinting</li><li>- Circuit Training</li></ul></li><li>• Fitness Training</li></ul> <p><b>SOL 9.1, 9.2, 9.3, 9.4, 9.5</b></p> <ul style="list-style-type: none"><li>• Softball</li><li>• Tennis</li><li>• Ultimate Frisbee</li><li>• Soccer</li><li>• Flag Football</li><li>• Outdoor Lawn Games (cornhole, horseshoes)</li><li>• Lacrosse</li></ul> <p><b>* Included as initial unit, but also incorporated into every PE day throughout the semester.</b></p>	<p><b>SOL 9.1, 9.2, 9.3, 9.4, 9.5</b></p> <ul style="list-style-type: none"><li>• Team Handball</li><li>• Volleyball</li><li>• Basketball</li><li>• Floor Hockey</li><li>• Badminton</li><li>• Fitness Testing (monitor progress since 1<sup>st</sup> semester)</li></ul> <p><b>These may be full week units, or adjusted pending on weather, schedule, or other factors.</b></p>