

Dates	9 WEEKS				K-5th	Wellness Topics	6th	Health Topics Sheets
	Period	Week	Total number of days in the week	Total Days in Period				
Aug. 14-18	1st Nine Weeks	Week 1	5	42	Cooperation (Practicing Processes, Protocols, and Expectations) Throwing and Catching	STRENGTH: Arms, Core, Back, Neck, Trunk, Balance, Flexibility COMPONENTS OF SKL RELATED FITNESS: Power, Coordination, Agility, Reaction Time, Speed, Balance	Cooperation (Practicing Processes, Protocols, and Expectations) Setting Personal Physical Boundaries, Personal Hygiene, Personal Habits, Static vs. Dynamic Stretching, FIT Principle Goal Setting, Cultural Proficiency, Hands Only PR	
Aug. 21-25		Week 2	5					
Aug. 28-Sept. 1		Week 3	5					
Sept. 4-8		Week 4	4					
Sept. 11-15		Week 5	5					
Sept. 18-22		Week 6	5					
Sept. 25-Sept. 29		Week 7	4					
Oct. 2-6		Week 8	5					
Oct. 9-13		Week 9	4					
Oct. 16-20	2nd Nine Weeks	Week 10	5	42	Throwing and Catching Games Seasonal Games	MyPlate NUTRITION: Hydration SEE OR Teeth, Body Odor, Hand Washing, Brushing	Throwing and Catching Games Soreness vs. Injury, Target Heart Rate, Health Related Fitness: Cardio, MSME, Flexibility Fitness, Skill Related Fitness: Agility, Balance, Speed,	
Oct. 23-27		Week 11	5					
Oct. 30-Nov. 3		Week 12	5					
Nov. 6-10		Week 13	5					
Nov. 13-17		Week 14	4					
Nov. 20-24		Week 15	5					
Nov. 27-Dec. 1		Week 16	5					
Dec. 4-8		Week 17	5					
Dec. 11-15		Week 18	3					
Jan. 8-12	3rd Nine Weeks	Week 19	4	46	Gymnastics/Parkour Volleyball	Gymnastics/Parkour Volleyball Sportsmanship, Bullying & Cyberbullying, Stress & Strain Management, Self Esteem, Hydration,		
Jan. 15-19		Week 20	4					
Jan. 22-26		Week 21	5					
Jan. 29-Feb. 2		Week 22	5					
Feb. 5-9		Week 23	4					
Feb. 12-16		Week 24	5					
Feb. 19-23		Week 25	4					
Feb. 26-Mar. 1		Week 26	5					
Mar. 4-8		Week 27	5					
Mar. 11-15	Week 28	5						
Mar. 18-22	4th Nine Weeks	Week 29	4	46	Outdoor Recreation	Outdoor Recreation		
Mar. 25-29		Week 30	5					
Apr. 1-5		Week 31	4					
Apr. 8-12		Week 32	4					
Apr. 15-19		Week 33	5					
Apr. 22-26		Week 34	5					
Apr. 29-May 3		Week 35	5					
May 6-10		Week 36	5					
May 13-17		Week 37	5					
May 20-24	Week 38	5	46	Outdoor Recreation	Outdoor Recreation			