**2015-2016 1st Nine Weeks Calendar Girls PE J. Valentine-Moore**

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| --- | --- | --- | --- | --- |
| **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** |
| **August 24**  **First Day of Semester**  **Enroll**  **Add & Drop students** | **25**  **Class rules and**  **regulations** | **26**  **Review class rules and**  **regulations**  **Issue lockers/roll call #’s** | **27**  **First day to dress**  **Fire drill procedure** | **28**  **Fitness Unit-Flexibility-ABC,123**  **& angles** |
| **31**  **Learn to take heart rate (resting and active)** | **1 SEPTEMBER**    **Review RHR and active heart rate**  **Put it to the test** | **2**  **Calisthenics- RHR**  **2by2by2by2** | **3**  **Push-Up routine** | **4**  **Fitness Friday**  **Obstacle Course** |
| **7**  **Holiday** | **8**  **Track- mile walk/run** | **9**  **Core Exercises** | **10**  **Track- mile walk/run** | **11**  **Upper Body Friday** |
| **14**  **Height and weight** | **15**  **Fitness test-sit-ups** | **16**  **Fitness test-sit and reach** | **17**  **Fitness test- push-ups and zipper stretch** | **18**  **Fitness test- chin ups or flexed arm hang** |
| **22**  **Fitness test-skin fold test** | **22**  **Fitness test-Timed mile run** | **23**  **Fitness test-Trunk lift** | **24**  **Track- make up timed mile run** | **25**  **Holiday**    **Fort Bend County Fair Day** |
| **28**  **Whiffle ball** | **29**  **Track: 1 mile skip – power walk** | **30**  **Whiffle ball** | **1 OCTOBER**  **Track: 1 mile skip-**  **Power walk** | **2**  **Whiffle ball** |
| **5**  **Beat Ball** | **6**  **Track: 1 mile-backwards, skip** | **7**  **Beat Ball** | **8**  **Track: 1 mile-backwards, skip** | **9**  **Beat Ball** |
| **12**  **Student Holiday** | **13**  **Track: 1mile- straights and curves** | **14**  **Combo Ball** | **15**  **Track: 1mile- straights and curves** | **16 End of 1st 9 weeks**  **Combo Ball** |

**2015-2016 2nd Nine Weeks Calendar Girls PE J. Valentine-Moore**

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| **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** |
| **October 19**  **Beat ball** | **20**  **Track 1-mile powerwalk** | **21**    **Combo Ball** | **22**  **Track 1-mile powerwalk** | **23**  **Whiffle Ball** |
| 26 Steal the bacon | **27**  **Track 1-mile powerwalk** | **28**  **Recreation Games** | **29**  **Track 1-mile powerwalk** | **30**  **Recreation Games** |
| **2 NOVEMBER**  **Eagle Relays**  **(basketball)** | **3**  **Track –bleacher workout** | **4**  **Eagle Relays**  **(buddy walkers)** | **5**  **Track – bleacher workout** | **6**  **Eagle relays**  **(scooters)** |
| **9**  **Eagle Relays**  **(potato sack)** | **10**  **Track- skip, jog, power, walk** | **12**  **Eagle Relays**  **(shuffle)** | **12**  **Track- skip, jog, power, back** | 13 Eagle relays |
| **16**  **Intro to Bowling**  Social Studies DA – Grades 6, 7, 8, WGeo, WHist, USHist  Science DA – Grades 6, 7, 8, IPC, Bio, Chem, Phys  Math DA – Grades 6, 7, 8, Alg I, Geom, Alg II, MMA, Pre-Cal  **(notes)** | **17**  **Bowling rules and terms** | **18**  **Intro to Bowling scoring** | **19**  **Bowling** | **20**  **Bowling-vocabulary test** |
| **23**  **Thanksgiving** | **24**  **Thanksgiving** | **25**  **Thanksgiving** | **26**  **Thanksgiving** | **27**  **Thanksgiving** |
| **30**  Reading DA – Grades 6, 7, 8; English DA – Eng I, Eng II, Eng III  **Bowling scoring quiz**  **(practice)** | **1 DECEMBER**    **Bowling scoring test** | **2**  **Bowling –make up test** | **3**  **Track-bleacher workout** | **4**  **Bowling** |
| **7**  **Recreational Games** | **8**  **Track-bleacher workout** | **9**  **Recreational Games** | **10**  **Track Bleacher workout** | **11**  **Review Semester Exams** |
| **14**  **Review semester exam** | **15**  **Semester Exams** | **16**  **Semester Exams** | **17**  **Semester Exams** | **18 End of 2nd 9 weeks**  **Semester Exams** |

**2015-2016 3rd Nine Weeks Calendar Girls PE J. Valentine-Moore**

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| **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** |
| **4 JANUARY**  **Campus Professional**  **Development** | **5**  **First day of class**  **Enroll new students** | **6**  **First Day of Semester**  **Rules and regulations** | **7**  **Lockers/roll call #”s** | **8**  **Intro to badminton**  **(notes)** |
| 11 Badminton rules | **12**  **Track -1 ¼ mile** | **13**  **Sign up for badminton tournament** | **14**  **Track 1 ¼ mile** | **15**  **Badminton tournament** |
| **18**  **MLK**  **Holiday** | **19**  **Track -1 ¼ mile** | **20**  **Badminton Tournament** | **21**  **Track 1 ¼ mile** | **22**  **Badminton Tournament** |
| **25**  **Badminton Tournament Notes** | **26**  **Track -1 ¼ mile** | **27**  **Badminton Tournament Test** | **28**  **Track -1 ¼ mile** | 29 Badminton Tournament |
| **1 FEBRUARY**  **Intro scooter hockey** | **2**  **Track-1 ¼ mile** | **3**  **Scooter hockey** | **4**  **Track- 1 ¼ mile** | **5**  **Scooter hockey** |
| **8**  **Scooter hockey** | **9**  **Track -1 ¼ mile** | **10**  **Scooter hockey** | **11**  **Track- 1 ¼ mile** | **12**  **Early Release**  **All students** |
| **15**  **Presidents Day**  **Student Holiday**  **District PD** | **16**  **Track- 1 ¼ mile** | **17**  **Intro Floor hockey** | **18**  **Track 1-1/4 mile** | **19**  **Floor hockey** |
| **22**  **Floor hockey** | **23**  **Track- 1 ½ mile** | **24**  **Floor hockey** | **25**  **Track- 1 ½ mile** | **26**  **Floor hockey** |
| **29**  Math DA – Grades 6, 7, 8, Alg I, Geom, Alg II, MMA, Pre-Cal  **Floor hockey Notes** | **1 MARCH**  **Track -1 ½ mile** | **2**  **Floor hockey Test** | **3**  **Floor hockey** | **4**  **Floor hockey re-test** |
| **7**  TAKS ELA – 10, Exit  **Obstacle Course** | **8**  **Scooter Basketball** | **9**  **Obstacle Course** | **10**  **Scooter Basketball** | **11**  **Obstacle course** |
| **14**  **SPRING BREAK** | **15**  **SPRING BREAK** | **16**  **SPRING BREAK** | **17**  **SPRING BREAK** | **18**  **SPRING BREAK** |

**2015-2016 4th Nine Weeks Calendar Girls PE J. Valentine-Moore**

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| --- | --- | --- | --- | --- |
| **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** |
| **21**  Social Studies DA – Grade 8, WGeo, Whist, USHist  Writing DA – Grades 6, 8  Eng I, Eng III Writing EOC  Math STAAR – Grade 8  Reading STAAR – Grade 8  Eng I, Eng III Reading EOC  Writing STAAR – Grade 7  Flag Football | **22**  Track -1 miles | **23**  Flag Football | **24**  Track -1 miles | **25**  Flag Football |
| 28 Science DA – Grades 6, 7, 8, IPC, Bio, Chem, Phys  Flag Football | **29**  Track -1 miles/bleachers | **30**  Flag Football | **31**  Track -1 miles/bleachers | 1 APRIL Flag Football |
| **4**  Flag Football Notes | **5**  Track -1 miles | **6**  Flag Football Test | 7  Track -1 miles | **8**  Flag Football |
| **11**  Science STAAR – Grade 8  Field Day Activities | **12**  Track -1 miles/Bleachers | **13**  Field Day Activities | **14**  Track -1 miles/Bleachers | 15 Good Friday  SS TAKS – 10, Exit  SS STAAR – Grade 8 |
| **18**  Science TAKS – 10, Exit  Reading STAAR – Grades 6, 7  Math TAKS – Exit  Math STAAR – Grades 6, 7  Math TAKS – Grade 10  Field Day Activities | **19**  Track -1 miles/Bleachers | **20**  Field Day Activities | **21**  Track -1 miles/Bleachers | **22**  SS DA – Grades 6, 7  Field Day Activities |
| **25**  Field Day Activities | **26**  Track -1 miles/Bleachers | **27**  Field Day Activities | **28**  Track -1 miles/Bleachers | **29**  Field Day Activities |
| **2 MAY**  Field Day Activities | **3**  Track -1 miles/Bleachers | **4**  Field Day Activities | **5**  Track -1 miles T/Bleachers | **6**  Field Day Activities |
| **9**  Activity Day | **10**  Track -1 miles/Bleachers | **11**  Activity Day | **12**  Track -1 miles T/Bleachers | **13**  Activity Day |
| **16**  Activity Day | **17**  Track -1 miles/Bleachers | **18**  Activity Day | **19**  Track -1 miles T/Bleachers | **20**  Activity Day |
| **23**  Notes  **Memorial D** | **24**  Notes | **25**  Review | **26**  Review | **27**  Review |
| **30**  **HOLIDAY** | **31**  Semester Exams | **1**  Semester Exams | **4 End of 4th 9 weeks**  Semester Exams | **3**  **Teacher**  **Work Day** |