**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, USHistScience DA – Grades 6, 7, 8, IPC, Bio, Chem, PhysMath 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)** |
| 11Badminton 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, USHistWriting DA – Grades 6, 8Eng I, Eng III Writing EOCMath STAAR – Grade 8Reading STAAR – Grade 8Eng I, Eng III Reading EOCWriting STAAR – Grade 7Flag Football | **22**Track -1 miles | **23**Flag Football | **24**Track -1 miles | **25**Flag Football |
| 28Science DA – Grades 6, 7, 8, IPC, Bio, Chem, PhysFlag Football | **29**Track -1 miles/bleachers | **30** Flag Football | **31** Track -1 miles/bleachers | 1 APRILFlag Football |
| **4**Flag Football Notes | **5**Track -1 miles | **6**Flag Football Test | 7Track -1 miles | **8**Flag Football |
| **11**Science STAAR – Grade 8Field Day Activities | **12**Track -1 miles/Bleachers | **13**Field Day Activities | **14**Track -1 miles/Bleachers | 15Good FridaySS TAKS – 10, ExitSS STAAR – Grade 8 |
| **18**Science TAKS – 10, ExitReading STAAR – Grades 6, 7Math TAKS – ExitMath STAAR – Grades 6, 7Math TAKS – Grade 10Field Day Activities | **19**Track -1 miles/Bleachers | **20**Field Day Activities | **21**Track -1 miles/Bleachers | **22**SS DA – Grades 6, 7Field 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** |