

# **Buford Middle School Physical Education**

## **2012 – 2013**

### **Pre Test**

- a. Fitness Gram with/**
- b. Jump Rope**
- c. Timed 40**
- d. Leap Frogs**
- e. Box Jumps**

### **1. Strength Training (Upper)**

- **Push ups**
  - a. Regular**
  - b. Girl push ups**
  - c. Partner clap**
  - d. Frog Push Ups**
  - e. Slam Push up**
  
- **Bands**
  - a. Curls**
  - b. High Pulls**
  - c. Fly's**
  - d. Press**
  - e. Push up w/ bands**
  
- **Dips**
  - a. Hand Dips**
  
- **Squats lunges (Lower)**
  - a. 2 Leg Squats**
  - b. Walking Lunges**
  - c. Jump Lunges**
  - d. High Knee Jumps**
  - e. Broad Jump**

### **2. Core**

- **Sit up**
- **Planks**
- **Leg lifts**
- **Leg lift crunches**
- **V sit**
- **V sit with hand swing**

### **3. Speed Drills**

- **Ballistics**
- **Jump rope**
- **Box Jumps**
- **Leap frogs**
- **Ladders**
- **40 Stance and starts**

### **Post Test Each 9 Wks**

- f. Fitness Gram with/**
- g. Jump Rope**
- h. Timed 40**
- i. Leap Frogs**
- j. Box Jumps**

## **Monday**

- 1. Ballistics**
- 2. 40 Stance and starts**
- 3. Core**
  - a. Sit-ups**
  - b. Leg Lifts**
  - c. Crunches**
  - d. V sit**
  - e. V sit with hand swing**
  - f. Planks**
- 4. Push ups**
  - a. Regular Push Ups**
  - b. Girl Push Ups**
  - e. Frog Push Ups**
  - f. Slam push ups**
- 5. Dips**
- 6. Ladders**
- 7. Game or activity**

## **Tuesday**

- 1. Ballistics With Walking Lunges**
- 2. Stance and Starts**
- 3. Core**
  - a. Sit-ups**
  - b. Crunches**
  - c. Side planks**
  - d. V sit**
  - e. V sit hand swing**
- 4. Jump lunges**
- 5. Knee High Jumps**
- 6. Broad Jump**
- 7. 2 Leg squats**
- 8. Leap Frogs**
- 9. Box Jumps**
- 10. Jump ropes**
- 11. Game or activity**

## Wednesday

1. Ballistics W/ 40 Starts
2. Stance and Starts
3. Push ups
  - a. Regular
  - b. Girl push ups
  - c. Frog push ups
  - d. Slam push ups
4. Core
  - a. Sit-ups
  - b. Leg Lift
  - c. Crunches
  - d. V sit
  - e. V Swing
5. Bands
  - a. Curls
  - b. High pulls
  - c. Push Ups W/ Bands
6. Ladders
7. Game or Activity

## Thursday

1. Ballistics
2. Stance and Starts
3. Core
  - a. Sit-ups
  - b. Planks
  - c. Side planks
4. Jump lunges
5. Knee High Jumps
6. Broad Jump
7. 2 Leg squats
8. Box Jump
9. Jump Ropes
10. Games or Activity

## Friday

6 + 1 writing on a Subject

Self improvement with a partner (designing their own fitness Routine)

# Ballistics

1. Walking taps
2. High knee
3. Butt kicks
4. High knee karaoke
5. High knee karaoke
6. Hot feet karaoke
7. High skip
8. High knee skip
9. Fast skip
10. Side skip
11. Side skip
12. Backward skip
13. 40`s or walking lunges

The last 15 to 20 minutes of class we will do our other “Georgia Performance Standard...”

1. Invasion: Basketball, Capture the Flag
2. Net / Wall: Pickle Ball
3. Field: Soccer, Pickle Ball
4. Target: Spider Ball, Bombardment
5. Dance: Contemporary line dance, 4 dances
  - Electric Slide,
  - Cubic Shuffle
  - Cha Cha Slide
  - Cotton Eye Joe
6. Fitness: Our 25 min Warm up each day
7. Individual: Track and Field (Field day)
8. Gymnastics
  - Forward Roll
  - Backwards roll
  - Kip up
  - Head Stand
  - Cart Wheel
  - Round Off
  - Front and back head spring if they graduate all the others
9. Outdoor: ?