



High School Walking P.E. Curriculum

Reading and Writing Standards

| Marking Period | Reading Assessment | Writing Assessment |
|----------------|---|---|
| 1 | <ul style="list-style-type: none">● Reading● Writing using the following guidelines<ul style="list-style-type: none">○ Correct Spelling○ Complete Sentences○ Correct Capitalization○ Proper End Punctuation | An article related to the benefits of walking Reflection/Thoughts <ul style="list-style-type: none">● What was most important about what you read?● What are some things you will do differently?● Did you learn anything new? |
| 2 | <ul style="list-style-type: none">● Reading● Writing using the following guidelines<ul style="list-style-type: none">○ Correct Spelling○ Complete Sentences○ Correct Capitalization○ Proper End Punctuation | An article related to the benefits of walking Reflection/Thoughts <ul style="list-style-type: none">● What was most important about what you read?● What are some things you will do differently?● Did you learn anything new? |
| 3 | <ul style="list-style-type: none">● Reading● Writing using the following guidelines<ul style="list-style-type: none">○ Correct Spelling○ Complete Sentences○ Correct Capitalization○ Proper End Punctuation | An article related to the benefits of walking Reflection/Thoughts <ul style="list-style-type: none">● What was most important about what you read?● What are some things you will do differently?● Did you learn anything new? |
| 4 | <ul style="list-style-type: none">● Reading● Writing using the following guidelines<ul style="list-style-type: none">○ Correct Spelling○ Complete Sentences | An article related to the benefits of walking Reflection/Thoughts <ul style="list-style-type: none">● What was most important about what you read? |



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|--|---|---|
| | <ul style="list-style-type: none">○ Correct Capitalization○ Proper End Punctuation | <ul style="list-style-type: none">● What are some things you will do differently?● Did you learn anything new? |
|--|---|---|

Scoring Guide for Written Work

| SKILL | SCORING |
|------------------------|---------|
| Correct Spelling | |
| Complete sentences | |
| Correct capitalization | |
| End punctuation | |



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Content Topics and Pacing

| Topic | Duration | Skills | Projects |
|------------------|----------|--|----------|
| Physical Fitness | 18 weeks | <ul style="list-style-type: none">• Walk at a normal or above normal pace• Program pedometers according to your walking speed• Wear pedometers in the correct location to track movement accurately• Insert pedometer into hardware to track steps and MVPA (Moderate Vigorous Physical Activity) | Walking |
| | | | |