



BAYONNE PUBLIC SCHOOLS

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PACING GUIDE

WEIGHT ROOM/FITNESS

Week 1:

Basic fundamentals skills (body weight exercises) in order to participate in weight training activities

Body Weight exercises (squats, sit-ups, push-ups, burpees, lunges).

Safety Rules for Weight Room (spatial awareness, have a spotter, warm-up properly, know your limits, train smart, respect equipment, respect others, etc.)

Class Syllabus and Expectations

Learn the Major Muscle Groups

Learn Set/Reps - Time (F.I.T.T. principle)

Learn Hydration

Learn about breathing and oxygen's vital role in weight lifting.

Activities- Develop a warm-up routine. Target 5 keystone body weight activities that all students should be able to perform before starting to lift weights.

Fitness: Dynamic Warm-up, Cardiovascular Endurance, and Muscular Endurance.

Week 2:

Basic fundamentals skills (resistance band exercises) in order to participate in weight training.

Resistance Band Style Lifts (Major Muscle Groups)

Highlight a specific muscle group each day.

Demonstrate at least 5 exercises that can be used to target each group.

Review Weight Room Rules

Review Sets/Reps discussion points

Learn Frequency (F.I.T.T. principle) and the concept of planning out your workout routine(s)

Learn energy systems: carbohydrates, lipids, and proteins (calories)

Activities - Perform the exercises demonstrated, following the teachers guided workout program.

Fitness: Dynamic Warm-up, Muscular Endurance/Muscular Strength training.

Week 3:

Basic fundamentals skills (barbell exercises) in order to participate in weight training.

Dumbbell Style Lifts (Major Muscle Groups)

Highlight a specific muscle group each day.

Demonstrate at least 5 exercises that can be used to target each group.

Review Frequency (F.I.T.T. principle) discussion points

Learn about Intensity (F.I.T.T. principle) - Target HR/ Maximum HR - - Heart Health

Activities - Perform the exercises demonstrated, following the teachers guided workout program.

Fitness: Dynamic Warm-up, Muscular Endurance/Muscular Strength training.

Week 4:

Basic fundamentals skills (resistance band exercises) in order to participate in weight training.

Barbell Style Lifts (Major Muscle Groups)

Highlight a specific muscle group each day.

Demonstrate at least 5 exercises that can be used to target each group.

Review Intensity (F.I.T.T. principle) discussion points

Learn about the concept of selecting the specific TYPE (F.I.T.T. principle) of exercising you intend to focus on. (i.e. fitness component goals).

Activities - Perform the exercises demonstrated, following the teachers guided workout program.

Fitness: Dynamic Warm-up, Muscular Endurance/Muscular Strength training.

Week 5:

Basic fundamentals skills (concentric/eccentric movement) in order to participate in weight training.

Explore 4 Day Workout Routine (Pushing/Pulling Muscle Groups)

Review F.I.T.T. principle and apply to this week's lesson.

Learn about the idea behind a 4 day split for weight training. Working to understand how to plan out the week in order to perform 2 days of push exercises and 2 days of pull exercises.

Core focused body weight lifts will be added this week to be completed in the middle of the week.

Activities - Perform the exercises demonstrated, following the teachers guided workout program.

Fitness: Dynamic Warm-up, Muscular Endurance/Muscular Strength training. Cardiovascular endurance.

Week 6:

Basic fundamentals skills (Yoga/Stretching) in order to participate in weight training.

Students will be able to repeat the 4 day split style of workout.

Review the different exercises, workout plan, and knowledge learned last well.

Learn about the benefits of yoga and static stretching. Discuss the timing of when these styles of fitness should be applied or can be applied.

Learn different exercises and movements that enable an individual to increase Flexibility.

Activities - Perform the exercises demonstrated, following the teachers guided workout program.

Fitness: Dynamic Warm-up. Muscular endurance. Muscular strength training. Flexibility training. Cardiovascular Endurance.

Week 7:

Basic fundamentals skills (cardiovascular endurance) in order to participate in weight training.

Endurance style lifts. CrossFit. H.I.I.T. (High Intensity Interval Training), Tabata, etc.

Practice a different routine 3 days out of the week. (Mon./Wed./Fri.

Review Core workout routine and Flexibility routines on “off” days (Tuesday/Thursday).

Activities - Perform the exercises demonstrated, following the teachers guided workout program.

Fitness: Dynamic Warm-up, Muscular endurance/Muscular strength training. Flexibility training. Cardiovascular endurance.

Week 8:

Basic fundamentals skills (Full Body Split) in order to participate in weight training.

Discuss the idea of performing a full body workout. Review some new fun exercises.

Learn about active recovery vs rest.

Learn about the benefits of a full body split.

Activities - Perform the exercises demonstrated, following the teachers guided workout program.

Fitness: Dynamic Warm-up, Muscular endurance/Muscular strength training. Flexibility training. Cardiovascular endurance.



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PACING GUIDE

ICE SKATING

Week 1:

Safety, Balance, Falling, and Familiarity With Rink

Students learn how to size and tie skates properly, brace while falling, balance on skates while stationary, and use certain areas of ice surface/rink to balance while moving.

Week 2:

Balance, Mobility, Forward Skating, and Base Fitness Levels

Students will continue to learn how to balance (two feet and one foot), complete timed fitness tests, learn the basics of skating forward, and use markings on the ice for base skill tests.

Week 3:

Forward Skating, Fitness Testing, and Turning

Students will continue to learn forward skating skills along with fitness testing, and begin learning how to shift body weight to turn

Week 4:

Forward Skating and Turning

Students will continue to improve forward skating skills, turning by shifting body weight, and begin crossing one foot in front of the other to turn

Week 5:

Turning, Backwards Skating, and Fitness Testing

Students will continue practicing how to turn by using body weight and crossovers using cones and ice markings, start to practice skating backwards, and compare fitness levels with base tests taken in week 2

Week 6:

Backwards Skating, Turning While Skating Backwards, and Stopping

Students will continue to practice backwards skating while also beginning to incorporate wide turns while skating backwards utilizing markings on the ice and cones. Students will start learning how to stop while skating using V-stop and/or hockey stop.

Week 7:

Backwards Turning and Stopping

Students will continue to practice backwards turns and stopping. Students will be challenged to stop in shorter distances as they become more comfortable with the skill.

Week 8:

Fitness and Skill Testing

Students will complete various skill tests and complete a final fitness test to compare with the week 2 base test.



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PACING GUIDE

VOLLEYBALL

Week 1:

Warm Up

Dynamic Warm Up

Knee Hi Run

Butt Kick Run

Lunges

Side Step

Power Skip

Walk on Tip Toes

Walk on Heels

Three Side Steps and Sprint

Introduction to the Forearm Pass

Practice assuming correct passing "ready" position

Face and focus on the oncoming ball

Hand - in - hand with wrists together

Arms away from body with a good platform,
elbows straight, thumbs to the floor

Partner Passing

Tosser/Target

Partner is at the attack line and tosser/target is at the net

Goal

Pass a prescribed number of balls and then change target
with passer

Toss/Target tosses ball underhand to the passer, give
target by raising hand above head

As passer improves, he/she moves back to the middle of the court and then to the end line.

Make five successful passes from each location then switch roles.

Game Situation

Pass to teammate with forearm pass over the net.

Week 2:

Warm Up

Dynamic Warm Up

Review Forearm Pass

Partner Passing

Correct Position

Passer is at attack line and tosser/target at the net

Pass a prescribed number of balls and then change target with passer

Pass the ball over the net with control

Introduction to Setting (Overhead Pass)

Assume setting position

Form triangle with fingers

Thumbs around the ball above forehead

Elbows are slightly forward

Right foot slightly forward (if right handed)

Partner Passing

Same drill as with forearm pass; however, ball is tossed so that the passer receives it overhead

Toss to yourself, then pass to partner

Toss with a bounce

Pass without a bounce

Game Situation

Pass to teammate and forearm or set the ball over the net

Week 3:

Warm Up

Dynamic Warm Up

Review Forearm Pass

Partner Passing

- Correct arm and wrist position

- Good platform, thumbs down to the floor

- Passing in close over the net with control

Two Touch

- Forearm pass to oneself, then to partner over the net

Review Setting

- Setting position - good technique

Partner Passing

- Ball is tossed so the passer receives the ball overhead

- Setter is at the attack line, tosser/target is at the net

- After 5 successful sets, setter moves to the middle of the court, then proceed to the end line

- Rotate setter to tosser/target

Introduce The Serve

- Demonstrate and introduce the underhand serve (low skilled) and the floater serve

Partner Serving

- Stress the contact of the ball

- Correct footwork

- Serve in close to the net, middle of the net, end line

Game Situation

- Play using the short court

- Serve over the net

- Receiving team uses 3 passes to return the ball

Week 4:

Warm Up

- Dynamic Warm UP

Review Forearm Pass

Partner Passing

- One touch over the net

- Two touches over the net

Review Setting (Overhead Pass)

- Emphasize good technique
- Partner Passing
 - Overhead Pass using one touch over the net
 - Two touches - one to yourself and then one to your partner
- Review Serving
 - Underhand serve (low skilled) and floater serve (more advanced)
- Partners
 - Serve in close, then to the middle of the court, then to the end line
 - Serve 5 from each area
- Introduce Spiking
 - Demonstrate arm swing and spiking motion
 - Hitter performs motion and strikes the ball
 - Keep the elbow up by one's ear
 - Hitter follows hit, shags ball and goes to the end of the end
- Game Situation
 - Short Court - include serving and using 3 contacts to get the ball over the net

Week 5:

Warm Up

Dynamic Warm Up

Review Forearm Pass and Setting

- Stress good platform for the forearm pass

- Stress follow thru on the overhead pass

Partner Passing

- 4 students to a group

- 2 on each side of the net

- Work as a team

- Two touch over the net

- Use forearm and overhead pass

Team Concept Introduce The Rotation

- Set up 6 students on each side of the net

- 3 in the front row (LF, M, RF)

- 3 in the back row (LB, MB, RB)

Right Back (RB) position serves the ball over the net
Three contacts to return the ball
When serving the team rotates one position to the right
Game Situation
Team Concept
Play Short Court
21 points

Week 6:

Warm Up
Dynamic Warm Up
Review Serving
Partners
Serve in close to the net, middle of the court, to the end line
5 good serves from each area
Review Spiking
Practice arm swing, spiking motion , footwork
Perform motion and spike ball
Roll shot, tips full swing
Hitter follows hit, shag ball, goes to end of the line
Game Situation
Team Concept
6 against 6
3 contacts
proper position
rotate

Week 7:

Warm Up
Dynamic Warm Up
Introduce Blocking
Partners line up on opposite sides of the net
Jump up and try to touch hands over the net, without touching
the net
Net may be lowered to get the concept
Fingers are spread, keep elbows up

Review Spiking

Roll shot, tips and full swing

Game Situation

Team Concept

6 against 6

Passing, Setting, Hitting and Blocking

Full Court

Week 8:

Warm Up

Dynamic Warm Up

Review Serve, Pass and Spike

3 on 3 on a side of the court

Pass, set, hit playing the ball over the net

Game Situation

Team Concept

Review rotation

6 on 6

Passing, Setting, Hitting and Blocking

25 points



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PACING GUIDE

BASKETBALL

Week 1:

Basic fundamentals skills (dribble, pass, shot selection) in order to participate in game play.

Different shooting types (layup and foul shot).

Court boundaries the baseline, sideline, and half court line. Game violations/penalties (traveling, double dribble).

Safety rules and Sportsmanship

Activities- Shooting Drills and Dribbling Drills

Fitness: Dynamic stretch

Week 2:

Basic fundamentals Drills (dribble, pass, shot selection) in order to participate in game play.

Shot selection (layup, jump shot, foul shot).

Offense spacing and on ball defensive.

Game violations/penalties (traveling, double dribble, fouling, charging, carrying) during game play.

Safety rules and Sportsmanship

Activities - Knockout, 2-ball, Shooting Drills, and Dribbling Drills

Fitness: Dynamic stretch, Plyometric drills

Week 3:

Basic fundamentals Drills (dribble, pass, shot selection) in order to participate in game play.

Shot selection (layup, jump shot, foul shot, 3 point shot).

Ball movement on offense and defensive positioning.

Game violations/penalties (traveling, double dribble, charging, carrying and different types of fouls) during game play.

Safety rules and Sportsmanship

Activities- 1 on 1 half court, Knockout, 2-ball, Shooting Drills, and Dribbling Drills

Fitness: Dynamic stretch, agility drills

Week 4:

Basic fundamentals Drills (dribble, pass, shot selection) in order to participate in game play.

Shot selection (layup, jump shot, foul shot, 3 point shot).

Ball movement and spacing on offense and on ball defensive and defensive positioning.

Game violations/penalties (traveling, double dribble, charging, carrying and different types of fouls) during game play.

Safety rules and Sportsmanship

Activities - 1 on 1 half court, 2 on 2 half court, Knockout, Dribble Knockout, Hot Spot Competition , 2-ball, Shooting Drills, and Dribbling Drills

Fitness: Dynamic stretch, functional basketball strength exercises

Week 5:

Intermediate fundamentals Drills (dribble, pass, shot selection) in order to participate in game play.

Shot selection (layup, jump shot, foul shot, 3 point shot, shooting off the dribble).

Ball movement, spacing, and cutting on offense, and defensive positioning and on ball defensive.

Game violations/penalties (traveling, double dribble, charging, carrying, different types of fouls) during game play.

Activities- 2 on 2 half court, 3 on 3 half court, transition offense and defense drills, Knockout, Dribble Knockout, Hot Spot Competition, Team shooting Competition, 2-ball, Shooting Drills, and Dribbling Drills

Fitness: Dynamic stretch, functional basketball core exercises

Week 6:

Intermediate fundamentals Drills (dribble, pass, shot selection) in order to participate in game play.

Shot selection (layup, jump shot, foul shot, 3 point shot, shooting off the dribble).

Ball movement, spacing, screening, and cutting on offense, and defensive positioning and on ball defensive.

Game violations/penalties (traveling, double dribble, charging, carrying, different types of fouls) during game play.

Activities- 3 on 3 half court, transition offense and defense drills, Knockout, Dribble Knockout, Hot Spot Competition, Team shooting Competition, 2-ball, Shooting Drills, and Dribbling Drills

Fitness: Dynamic stretch, functional basketball core exercises, agility drills, and plyometric drills

Week 7:

Intermediate fundamentals Drills (dribble, pass, shot selection) in order to participate in game play.

Shot selection (different types of layup, jump shot, foul shot, 3 point shot, shooting off the dribble).

Ball movement, spacing, screening, and cutting on offense, and defensive positioning, boxing out, and on ball defensive.

Game violations/penalties (traveling, double dribble, charging, carrying, different types of fouls) during game play.

Activities- full court 5 on 5, transition offense and defense drills, Knockout, Dribble Knockout, Hot Spot Competition, Team shooting Competition, 2-ball, Shooting Drills, and Dribbling Drills

Fitness: Dynamic stretch, functional basketball core exercises, agility drills, and plyometric drills

Week 8:

Intermediate fundamentals Drills (dribble, pass, shot selection) in order to participate in game play.

Shot selection (different types of layup, jump shot, foul shot, 3 point shot, shooting off the dribble).

Pick and roll, ball movement, spacing, screening, and cutting on offense, and defensive positioning, boxing out, and on ball defensive.

Game violations/penalties (traveling, double dribble, charging, carrying, different types of fouls, 3 second, and 5 second violations) during game play.

Activities- Full court 5 on 5 tournament

Fitness: Dynamic stretch



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PACING GUIDE

WELLNESS

Week 1:

Safety Rules, Familiarity with the room, class expectations, major muscle groups, difference between reps and sets, difference between high and low intensity workouts, flexibility, and cardio.

Activities: Warm up routine, and body weight activities, target 5 to 6 exercises, and finish with an Ab finisher.

Fitness: Warm-up, cardio/ muscular endurance.

Week 2:

Review safety rules, basic skills of using dumbbells, kettlebell, barbells, treadmills, jump ropes. Concept of a workout plan, where do we get our energy from, and hydration.

Activities: Perform the designed workout.

Fitness: Warm-up, cardio/muscular endurance.

Week 3:

Basic fundamentals of HIIT workouts. HIIT can focus on specific muscles or total body. Importance of drinking enough water.

Activities: Perform the designed workout.

Fitness: Warm-up, cardio/muscular endurance.

Week 4:

Introduction to resistance bands. Demonstrate and discuss the benefits of adding band to training.

Activities: Take part in class discussion, follow the designated workout of the day.

Fitness: Warm-up, cardiovascular, and muscular endurance.

Week 5:

Introduction to kettlebells and performing a kettlebell routine. Demonstrate different ways to use the HBs and focus on technique.

Activities: Main focus is technique/follow the designed workout of the day.

Fitness: Warm-up, cardiovascular, and muscular endurance.

Week 6:

Basic fundamentals skills of barbell and dumbbells exercises in order to participate in weight training. Demonstrate exercise with focus on technique.

Activities: Follow the designated workout of the day/focus on the technique during lifts.

Fitness: Warm-up, cardiovascular, and muscular endurance.

Week 7:

Introduction to yoga/stretching routine. Show and learn different movements and add them to the daily routine. Discuss the benefits of stretching/yoga.

Activities: Follow the designated workout of the day.

Fitness: Warm-up, cardiovascular, and muscular endurance.

Week 8:

Introduction on how to implement full body workout without focusing on one specific muscle group. Show examples.

Activities: Follow the designated workout of the day.

Fitness: Warm-up, cardiovascular, and muscular endurance.



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PACING GUIDE

TABLE TENNIS

Week 1:

Class expectations

Introduction to key vocabulary words

Dynamic warm-up (stationary .30 seconds)

Introduce forehand drill and explain the grip

Divide the students into 4 four per group

- have student 1 serve with a forehand grip diagonally across the table to student 2. Student 2 should return to student 3 and back to student 4.

Game situation (focus on forehand grip)

Week 2:

Stationary Dynamic Warm-up

Review forehand grip

Introduce backhand grip

Divide the students into 4 four per group

- Have students serve using backhand grip diagonally across the table to the opposite student. Must return only using backhand grip. Student 3 and 4 immediately replaces student 1 and 2.

Game situation using both hand grips.

Week 3:

Stationary Dynamic warm-up

Review forehand and backhand grips
Introduce forehand to backhand drills
Game situation focus on forehand and backhand grip

Week 4:

Stationary Dynamic Warm-up

Review the two grips

Divide the students into pairs

- Student one will start with backhand grip, while student two will return with the forehand grip. The ball will travel in a straight line across the table.

Game situation using both grips.

Week 5:

Stationary Warm-up

Review forehand and backhand grips

Four to a group:

- Play one against one
- Winner stays on and will serve the ball. As soon as one student loses a point, that student steps back and the next player replaces them.

Game Situation:

- One one One
- Play to 3 points

Week 6:

Stationary Warm-Up

Review forehand and backhand grips.

- Winner stays and plays (doubles) losing two moves to the right play to 7
- Game Situation (doubles)

Week 7:

Stationary Dynamic Warm-up

Review forearm and backhand grips

Four in a group

- Winner stays on and plays
- Doubles winner will stay on and losing team moves to the right play to 7 points
- Game situation (doubles tournament) play to 11 points

Week 8:

Stationary Dynamic Warm-Up

Review forearm and backhand grips

Four in a group

- Winner stays on and plays
- Doubles winner will stay on and losing team moves to the right play to 7 points

Game situation (doubles tournament) play to 11 points