



BAYONNE PUBLIC SCHOOLS

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PACING GUIDE

PE9 MP1

Week 1:

Warm-ups and stretching followed by:

Team Units – Soccer, Football, Ultimate, Lacrosse, Ground Level
Team Adventure Games

- Rules, Intro/lead up games, full games

Fitness Friday – Cardio Endurance, Tag Games, Bleachers,
Bodyweight Training

Inclement Weather – Indoor Track Games, Racket Games,
Scooters

Week 2:

Warm-ups and stretching followed by:

Team Units – Soccer, Football, Ultimate, Lacrosse, Ground Level
Team Adventure Games

- Rules, Intro/lead up games, full games

Fitness Friday – Cardio Endurance, Tag Games, Bleachers,
Bodyweight Training

Inclement Weather – Indoor Track Games, Racket Games, Scooters

Week 3:

Warm-ups and stretching followed by:

Team Units – Soccer, Football, Ultimate, Lacrosse, Ground Level Team Adventure Games

- Rules, Intro/lead up games, full games

Fitness Friday – Cardio Endurance, Tag Games, Bleachers, Bodyweight Training

Inclement Weather – Indoor Track Games, Racket Games, Scooters

Week 4:

Warm-ups and stretching followed by:

Team Units – Soccer, Football, Ultimate, Lacrosse, Ground Level Team Adventure Games

- Rules, Intro/lead up games, full games

Fitness Friday – Cardio Endurance, Tag Games, Bleachers, Bodyweight Training

Inclement Weather – Indoor Track Games, Racket Games, Scooters

Week 5:

Warm-ups and stretching followed by:

Team Units – Soccer, Football, Ultimate, Lacrosse, Ground Level
Team Adventure Games

- Rules, Intro/lead up games, full games

Fitness Friday – Cardio Endurance, Tag Games, Bleachers,
Bodyweight Training

Inclement Weather – Indoor Track Games, Racket Games,
Scooters

Week 6:

Warm-ups and stretching followed by:

Team Units – Soccer, Football, Ultimate, Lacrosse, Ground Level
Team Adventure Games

- Rules, Intro/lead up games, full games

Fitness Friday – Cardio Endurance, Tag Games, Bleachers,
Bodyweight Training

Inclement Weather – Indoor Track Games, Racket Games,
Scooters

Week 7:

Warm-ups and stretching followed by:

Team Units – Soccer, Football, Ultimate, Lacrosse, Ground Level
Team Adventure Games

- Rules, Intro/lead up games, full games

Fitness Friday – Cardio Endurance, Tag Games, Bleachers, Bodyweight Training

Inclement Weather – Indoor Track Games, Racket Games, Scooters

Week 8:

Warm-ups and stretching followed by:

Team Units – Soccer, Football, Ultimate, Lacrosse, Ground Level Team Adventure Games

- Rules, Intro/lead up games, full games

Fitness Friday – Cardio Endurance, Tag Games, Bleachers, Bodyweight Training

Inclement Weather – Indoor Track Games, Racket Games, Scooters



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PACING GUIDE

PE9 MP2/3

Week 1:

Nutrition tip of the day

- Daily nutrition tip

Strength training/gym etiquette

- Wellness room – cable machines, free weights, cardio equipment, slam balls, medicine balls
- Learn the basics of weight training

Fitness

- Bodyweight training, light dumbbells, circuit training

Cardio conditioning

- Indoor track activities

Yoga

Week 2:

Nutrition tip of the day

- Daily nutrition tip

Strength training/gym etiquette

- Wellness room – cable machines, free weights, cardio equipment, slam balls, medicine balls
- Learn the basics of weight training

Fitness

- Bodyweight training, light dumbbells, circuit training

Cardio conditioning

- Indoor track activities

Yoga

Week 3:

Nutrition tip of the day

- Daily nutrition tip

Strength training/gym etiquette

- Wellness room – cable machines, free weights, cardio equipment, slam balls, medicine balls
- Learn the basics of weight training

Fitness

- Bodyweight training, light dumbbells, circuit training

Cardio conditioning

- Indoor track activities

Yoga

Week 4:

Nutrition tip of the day

- Daily nutrition tip

Strength training/gym etiquette

- Wellness room – cable machines, free weights, cardio equipment, slam balls, medicine balls
- Learn the basics of weight training

Fitness

- Bodyweight training, light dumbbells, circuit training

Cardio conditioning

- Indoor track activities

Yoga

Week 5:

Nutrition tip of the day

- Daily nutrition tip

Strength training/gym etiquette

- Wellness room – cable machines, free weights, cardio equipment, slam balls, medicine balls
- Learn the basics of weight training

Fitness

- Bodyweight training, light dumbbells, circuit training

Cardio conditioning

- Indoor track activities

Yoga

Week 6:

Nutrition tip of the day

- Daily nutrition tip

Strength training/gym etiquette

- Wellness room – cable machines, free weights, cardio equipment, slam balls, medicine balls
- Learn the basics of weight training

Fitness

- Bodyweight training, light dumbbells, circuit training

Cardio conditioning

- Indoor track activities

Yoga

Week 7:

Nutrition tip of the day

- Daily nutrition tip

Strength training/gym etiquette

- Wellness room – cable machines, free weights, cardio equipment, slam balls, medicine balls
- Learn the basics of weight training

Fitness

- Bodyweight training, light dumbbells, circuit training

Cardio conditioning

- Indoor track activities

Yoga

Week 8:

Nutrition tip of the day

- Daily nutrition tip

Strength training/gym etiquette

- Wellness room – cable machines, free weights, cardio equipment, slam balls, medicine balls
- Learn the basics of weight training

Fitness

- Bodyweight training, light dumbbells, circuit training

Cardio conditioning

- Indoor track activities

Yoga



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PACING GUIDE

PE9 MP4

Week 1:

Recreation Games:

- Biking in lot (beginners) and around stadium. Tennis in courts, Archery in courtyard.

Team Sports and recreation games in field or tennis courts:

- Ultimate games, soccer, football, badminton, volleyball, softball, Nitroball and Spikeball.

Inclement Weather:

- Indoor activities including table tennis; use of the indoor track, dance room and auxiliary gym for cardio, fitness and team building games.

Week 2:

Recreation Games:

- Biking in lot (beginners) and around stadium. Tennis in courts, Archery in courtyard.

Team Sports and recreation games in field or tennis courts:

- Ultimate games, soccer, football, badminton, volleyball, softball, Nitroball and Spikeball.

Inclement Weather:

- Indoor activities including table tennis; use of the indoor track, dance room and auxiliary gym for cardio, fitness and team building games.

Week 3:

Recreation Games:

- Biking in lot (beginners) and around stadium. Tennis in courts, Archery in courtyard.

Team Sports and recreation games in field or tennis courts:

- Ultimate games, soccer, football, badminton, volleyball, softball, Nitroball and Spikeball.

Inclement Weather:

- Indoor activities including table tennis; use of the indoor track, dance room and auxiliary gym for cardio, fitness and team building games.

Week 4:

Recreation Games:

- Biking in lot (beginners) and around stadium. Tennis in courts, Archery in courtyard.

Team Sports and recreation games in field or tennis courts:

- Ultimate games, soccer, football, badminton, volleyball, softball, Nitroball and Spikeball.

Inclement Weather:

- Indoor activities including table tennis; use of the indoor track, dance room and auxiliary gym for cardio, fitness and team building games.

Week 5:

Recreation Games:

- Biking in lot (beginners) and around stadium. Tennis in courts, Archery in courtyard.

Team Sports and recreation games in field or tennis courts:

- Ultimate games, soccer, football, badminton, volleyball, softball, Nitroball and Spikeball.

Inclement Weather:

- Indoor activities including table tennis; use of the indoor track, dance room and auxiliary gym for cardio, fitness and team building games.

Week 6:

Recreation Games:

- Biking in lot (beginners) and around stadium. Tennis in courts, Archery in courtyard.

Team Sports and recreation games in field or tennis courts:

- Ultimate games, soccer, football, badminton, volleyball, softball, Nitroball and Spikeball.

Inclement Weather:

- Indoor activities including table tennis; use of the indoor track, dance room and auxiliary gym for cardio, fitness and team building games.

Week 7:

Recreation Games:

- Biking in lot (beginners) and around stadium. Tennis in courts, Archery in courtyard.

Team Sports and recreation games in field or tennis courts:

- Ultimate games, soccer, football, badminton, volleyball, softball, Nitroball and Spikeball.

Inclement Weather:

- Indoor activities including table tennis; use of the indoor track, dance room and auxiliary gym for cardio, fitness and team building games.

Week 8:

Recreation Games:

- Biking in lot (beginners) and around stadium. Tennis in courts, Archery in courtyard.

Team Sports and recreation games in field or tennis courts:

- Ultimate games, soccer, football, badminton, volleyball, softball, Nitroball and Spikeball.

Inclement Weather:

- Indoor activities including table tennis; use of the indoor track, dance room and auxiliary gym for cardio, fitness and team building games.