

TMS MISSION STATEMENT
 Bee Hozhoogo Tsehootsooi Middle School fosters a safe learning environment that provides for a broad range of experiences learning to academic growth technological literacy, and self-confidence for all students.



TSEHOOTSOOI MIDDLE SCHOOL
 S.Y. 2024-2025

THINK ROCKS

RESPECT-ORGANIZED-CHARACTER-KINDNESS-SAFETY

BEFORE YOU MAKE YOUR ACTION AND DECISION.

KEEP IN MIND THAT YOU ARE RESPONSIBLE AND ACCOUNTABLE IN EVERYTHING YOU DO.

TMS VISION STATEMENT
 Naasgo Tsehootsooi Middle School will empower Dine scholars committed to life-long learning that enriches their lives, their culture, and their environment.

PHYSICAL EDUCATION WEEKLY PLAN QUARTER 1
 Grade 7 & 8

AUGUST 4-8, 2025

AZ Physical Education Standards

1. The physically literate individual demonstrates the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness.
2. The physically literate individual demonstrates competency in a variety of motor skills and movement patterns.

Power Standard

1. Complete understanding and implementation of the classroom rules and regulations during class activities
2. Perform the following exercises in the physical fitness test with accuracy and precision.
3. Evaluate the personal physical fitness condition through physical fitness test.

Learning Outcome

1. Follow the rules and regulations during class activities.
2. Complete the physical fitness test.
3. Evaluate the result of the physical fitness test.

Time	Monday Aug. 4, 2025	Tuesday Aug. 5, 2025	Wednesday Aug. 6, 2025	Thursday Aug. 7, 2025	Friday Aug. 8, 2025	Comment
1st Hour – G8 8:00-9:00	Topic: Orientation 1. Syllabus	Topic: Physical Fitness Test	Topic: Physical Fitness Test	Topic: Physical Fitness Test	COMPLETION OF ACTIVITIES	

<p>2nd Hour - G7 9:03-10:03</p> <p>3rd Hour - G8 10:06 – 11:06</p> <p>4th Hour – G7 11:09 -12:09</p> <p>5th Hour – G8 12:12 – 1:12</p> <p>7th Hour – G8 2:51 – 3:51</p>	<p>2. Class expectations 3. Rules and regulations</p> <p>Student Friendly Objectives: 1. I can follow the rules and regulations during class activities.</p> <p>Procedures:</p> <p>Do Now a. Warm up 1. Jogging 2. Dynamic flexibility exercises</p> <p>I Do a. Checking of attendance b. Introduction of the lesson and activities</p> <p>We Do a. Class discussion b. Note taking</p> <p>You Do a. Cooldown 1. Static flexibility exercises</p>	<p>1. <i>Weight</i> 2. <i>Height</i></p> <p>Student Friendly Objectives: 1. I can complete the physical fitness test.</p> <p>Procedures:</p> <p>Do Now a. Warm up 1. Jogging 2. Dynamic flexibility exercises</p> <p>I Do a. Checking of attendance b. Introduction of the lesson and activities.</p> <p>We Do a. Modeling b. Practical activity</p> <p>You All Do a. Calisthenics</p> <p>You Do a. Cooldown 1. Static flexibility exercises</p>	<p>1. Push up 2. Sit up</p> <p>Student Frindly Objectives: 1: 1. I can complete the physical fitness test.</p> <p>Procedures:</p> <p>Do Now a. Warm up 1. Jogging 2. Dynamic flexibility exercises</p> <p>I Do a. Checking of attendance b. Introduction of the lesson and activities.</p> <p>We Do a. Modeling b. Practical activity</p> <p>You All Do a. Calisthenics</p> <p>You Do a. Cooldown 1. Static flexibility exercises</p>	<p>1. Sit and Reach 2. Standing long jump</p> <p>Student Friendly Objectives: 1. I can complete the physical fitness test. 2. I can evaluate the result of the physical fitness test.</p> <p>Procedures:</p> <p>Do Now a. Warm up 1. Jogging 2. Dynamic flexibility exercises</p> <p>I Do a. Checking of attendance b. Introduction of the lesson and activities</p> <p>We Do a. Modeling b. Practical activity</p> <p>You All Do a. Calisthenics</p> <p>You Do a. Cooldown</p>	<p>(Aug. 4-7, 2025) Topic: Orientation</p> <p>1. Syllabus 2. Class expectations 3. Rules and regulations</p> <p>Topic: Physical Fitness Test</p> <p>1. <i>Weight and Height</i> 2. <i>Push up and Sit up</i> 3. <i>Sit and reach and Standing long jump</i></p> <p>Student Friendly Objectives : 1: The same objectives from Monday-Thursday</p> <p>Procedures:</p> <p>Do Now a. Warm up 1. Jogging 2. Dynamic flexibility exercises</p> <p>I Do a. Checking of attendance b. Recall the missing</p>	
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				1. Static flexibility exercises	activities of the students We Do Set A <i>Students will complete the activities</i> a. Modeling b. Practical activity Set B <i>Students who completed the activities</i> a. Sports activity You All Do a. Calisthenics You Do Set A and B a. Cooldown	
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Prepared: Teofilo C. Palomares Jr.
TMS – PE Teacher