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.



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.

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
1 st Hour – G8	Topic: Orientation	Topic: Physical Fitness	Topic: Physical Fitness	Topic: Physical Fitness	COMPLETION OF	
8:00-9:00	1. Syllabus	Test	Test	Test	ACTIVITIES	

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.

	2. Class expectations3. Rules and regulations	 Weight Height 	 Push up Sit up 	Sit and Reach Standing long jump	(Aug. 4-7, 2025) Topic: Orientation
2 nd Hour - G7	3. Rules and regulations	2. Height	2. Sit up	2. Standing long jump	1. Syllabus
9:03-10:03	Student Friendly	Student Friendly	Student Frindly	Student Friendly	2. Class
9.03-10.03	Objectives:	Objectives:	Objectives:	Objectives:	
	1. I can follow the rules	1. I can complete the	1: 1. I can complete the	1. I can complete the	expectations 3. Rules and
3 rd Hour - G8	and regulations during	physical fitness test.	physical fitness test.	physical fitness test.	regulations
10:06 – 11:06	class activities.	priysical fittiess test.	priysical fittless test.	2. I can evaluate the	Topic: Physical
10.00 11.00	ciass activities.	Procedures:	Procedures:	result of the physical	Fitness Test
	Procedures:	Troccaures.	Troccaures.	fitness test.	1. Weight and
4 th Hour – G7	Troccuares.	Do Now	Do Now	miness test.	Height
11:09 -12:09	Do Now	a. Warm up	a. Warm up	Procedures:	2. Push up and Sit
11.05 12.05	a. Warm up	1. Jogging	1. Jogging	1 Toccadi es.	up
	1. Jogging	2. Dynamic	2. Dynamic	Do Now	3. Sit and reach and
5 th Hour – G8	2. Dynamic	flexibility	flexibility	a. Warm up	Standing long
12:12 – 1:12	flexibility	exercises	exercises	1. Jogging	jump
	exercises			2. Dynamic	Jap
		I Do	I Do	flexibility	Student Friendly
7 th Hour – G8	I Do	a. Checking of	a. Checking of	exercises	Objectives :
2:51 – 3:51	a. Checking of	attendance	attendance		1: The same
	attendance	b. Introduction of	b. Introduction of	I Do	objectives from
	b. Introduction of	the lesson and	the lesson and	a. Checking of	Monday-Thursday
	the lesson and	activities.	activities.	attendance	
	activities			b. Introduction of	Procedures:
		We Do	We Do	the lesson and	
	We Do	a. Modeling	a. Modeling	activities	Do Now
	a. Class discussion	b. Practical activity	b. Practical activity		a. Warm up
	b. Note taking			We Do	1. Jogging
		You All Do	You All Do	a. Modeling	2. Dynamic
	You Do	a. Calisthenics	a. Calisthenics	b. Practical activity	flexibility
	a. Cooldown				exercises
	1. Static	You Do	You Do	You All Do	
	flexibility	a. Cooldown	a. Cooldown	a. Calisthenics	I Do
	exercises	1. Static	1. Static		a. Checking of
		flexibility	flexibility	You Do	attendance
		exercises	exercises	a. Cooldown	b. Recall the
					missing

1.	Static	activities of
	flexibility	the students
	exercises	We Do
		Set A Students will
		c omplete the
		activities
		a. Modeling
		b. Practical
		activity
		Set B Students who
		completed the
		activities
		a. Sports
		activity
		You All Do
		a. Calisthenics
		You Do
		Set A and B
		a. Cooldown
_		flexibility

Prepared: Teofilo C. Palomares Jr.

TMS – PE Teacher