

# Push Play PE

## MIDDLE SCHOOL PACING PLAN

Repeat 3x weekly

	Aerobic	Stretching Activity	Fitness Activity
Week 1	"Whistle Game"	Stretching Intro	Strength Intro
Week 2	"Remix Machine"	Stretching Variation 1	Jump Rope Intro
Week 3	"Jumping Jam"	Stretching Variation 2	Strength Pushups Variation <b>Elevated Modified</b>
Week 4	"Fitness Party"	Stretching Variation 3	Jump Rope <b>Heel-Toe</b>
Week 5	"Around The World"	Stretching Variation 1	Strength <b>Pushup Challenge</b>
Week 6	"Slot Machine"	Stretching Variation 2	Strength LOWER Body Variation 1
Week 7	"Dice Game"	Stretching Variation 3	Jump Rope <b>Swing Set</b>
Week 8	"Fitness Mashup"	Stretching Variation 1	Strength Pushups Variation <b>Traveling</b>
Week 9	"Whistle Game"	Stretching Variation 2	Jump Rope <b>Criss Cross</b>
Week 10	"Remix Machine"	Stretching Variation 3	Strength LOWER Body Variation 2
Week 11	"Jumping Jam"	Stretching Variation 1	Jump Rope <b>Heel-Toe</b>
Week 12	"Fitness Party"	Stretching Variation 2	Strength Pushups Variation <b>Descending</b>
Week 13	"Around The World"	Stretching Variation 3	Jump Rope <b>Swing Set</b>
Week 14	"Slot Machine"	Stretching Variation 1	Strength LOWER Body Variation 3
Week 15	"Dice Game"	Stretching Variation 2	Jump Rope <b>Criss Cross</b>
Week 16	"Fitness Mashup"	Stretching Variation 3	Strength Upper Body Variation 1
Week 17	"Whistle Game"	Stretching Variation 1	Jump Rope <b>Heel-Toe</b>
Week 18	"Remix Machine"	Stretching Variation 2	Strength LOWER Body Variation 4
Week 19	"Jumping Jam"	Stretching Variation 3	Jump Rope <b>Swing Set</b>

	Aerobic	Stretching Activity	Fitness Activity
Week 20	"Fitness Party"	Stretching Variation 1	Strength Upper Body Variation 2
Week 21	"Around The World"	Stretching Variation 2	Jump Rope Criss Cross
Week 22	"Slot Machine"	Stretching Variation 3	Strength LOWER Body Variation 1
Week 23	"Dice Game"	Stretching Variation 1	Jump Rope Heel-Toe
Week 24	"Fitness Mashup"	Stretching Variation 2	Strength Upper Body Variation 3
More To Come			