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High School Physical Education Unit Junkanoo Integration Pacing Guide



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Grade 7 Physical Education Pacing Guide with Junkanoo Themes

This guide emphasizes fitness, coordination, and measurement skills with culturally relevant integration.

| Pacing Guide Week # | Topic | Objectives | Integration Strategy | Resources |
|---------------------|---|--|--|---|
| 10 | Factors in Physical Fitness | Identify key factors (strength, endurance) affecting physical performance. | Arrange students in rectangular formations for exercises, simulating the arrangement of dancers in a Junkanoo parade. | Cones, markers, fitness factor cards |
| 11 | Symmetry in Movement | 1) Identify symmetrical body movements. 2) Create movements with reflective symmetry. | Have students work in pairs to mirror each other's exercises, mimicking the symmetry in Junkanoo costumes. | Mirrors, partnered activity instructions |
| 12 | Measurement in Physical Activity | Estimate and measure distances (e.g., jumps, sprints) in feet and inches. | Use measuring tools to assess distances students cover, representing the precision needed for measuring Junkanoo costume trim. | Measuring tapes, distance markers |
| 13 | Comparing and Ordering Performance (Decimals) | Compare and order performance results (time, distance) in decimal form. | Record and rank student sprint times or jump distances using decimals, similar to ranking groups in a parade. | Stopwatch, scorecards, performance charts |

Grade 8 Physical Education Pacing Guide with Junkanoo Themes

This guide emphasizes advanced fitness concepts, symmetry in movement, and performance ranking, all contextualized within a culturally relevant framework.

| Pacing Guide Week # | Topic | Objectives | Integration Strategy | Resources |
|---------------------|---|--|---|--|
| 10 | Factors in Physical Fitness | Identify and analyze key fitness factors (strength, endurance, flexibility) that impact performance. | Organize students in rectangular formations for fitness circuits, similar to structuring parade formations for dancers and musicians in Junkanoo. | Cones, markers, fitness assessment cards |
| 11 | Symmetry in Movement | 1) Demonstrate reflective symmetry in body movements. 2) Develop synchronized routines with symmetry. | Have students design and practice paired routines with symmetrical movements, emulating the reflective patterns in Junkanoo costume designs. | Mirrors, choreography guides, partner worksheets |
| 12 | Measurement in Physical Activity | Estimate and measure various distances (e.g., sprint distances, jumping range) in feet and inches. | Use measuring tools to assess jump or stride lengths, connecting to the concept of measuring costume trim for a Junkanoo outfit. | Measuring tapes, jump mats, distance markers |
| 13 | Comparing and Ordering Performance (Decimals) | Compare and order results of physical performances (time, distance) using decimals. | Record and rank students' sprint times or jump distances in decimal form, to determine placements, similar to determining group rankings in Junkanoo. | Stopwatches, scorecards, ranking charts |

This pacing guide provides Grade 8 students with a structured, Junkanoo-inspired approach to learning physical fitness skills. It incorporates mathematical and spatial concepts, emphasizing both physical skill development and cultural appreciation through engaging and meaningful activities.

Grade 9 Physical Education Pacing Guide with Junkanoo Themes

This guide aims to deepen students' understanding of fitness factors, symmetry, and measurement skills, while connecting activities to Bahamian culture.

| Pacing Guide Week # | Topic | Objectives | Integration Strategy | Resources |
|---------------------|---|--|---|--|
| 10 | Factors in Physical Performance | Identify and evaluate factors (e.g., strength, flexibility, coordination) that influence physical performance. | Arrange students into rectangular formations for circuits and fitness drills, simulating the organization of performers in a Junkanoo parade. | Cones, markers, fitness assessment sheets |
| 11 | Symmetry in Movement | 1) Analyze and apply reflective symmetry in dynamic movements. 2) Create complex paired routines with symmetry. | Facilitate partner routines where students mirror each other's movements, inspired by Junkanoo costume designs' symmetry. | Mirrors, paired choreography instructions |
| 12 | Measurement in Physical Activity | Estimate, measure, and record distances in feet and inches (e.g., stride, jump). | Students measure jump lengths or sprint distances, connecting to the precision required in creating symmetrical costume details. | Measuring tapes, jump mats, distance markers |
| 13 | Performance Comparison and Ranking (Decimals) | Compare, rank, and interpret performance results (time, distance) using decimals. | Record and rank performance data such as sprint times or jump distances, mirroring how groups are ranked in Junkanoo. | Stopwatches, scorecards, ranking charts |

This pacing guide for Grade 9 encourages students to build upon their fitness knowledge while making connections to the cultural practices of Junkanoo. It integrates math and spatial awareness within physical activities, promoting both physical skill development and cultural appreciation.

Grade 10 Physical Education Pacing Guide with Junkanoo Themes

This guide enhances fitness and movement skills, with a focus on analyzing performance factors, symmetry, and measurement skills.

| Pacing Guide Week # | Topic | Objectives | Integration Strategy | Resources |
|---------------------|---|---|--|---|
| 10 | Analyzing Factors in Physical Performance | Analyze factors (e.g., endurance, power, agility) that impact performance outcomes. | Organize students into formations for drills that highlight different fitness factors, inspired by the arrangement of Junkanoo groups. | Cones, markers, fitness factor analysis sheets |
| 11 | Advanced Symmetry in Movement | 1) Identify complex symmetrical movements. 2) Design and perform routines incorporating reflective symmetry. | Guide students in creating choreographed routines with symmetrical patterns, mirroring the symmetry in Junkanoo costumes and formations. | Mirrors, choreography templates, partner worksheets |
| 12 | Precision in Measurement | Measure and record distances and heights in feet and inches with high accuracy (e.g., for jumps, throws). | Students use measuring tools to record precise distances, emphasizing accuracy as in measuring costume trim for Junkanoo. | Measuring tapes, jump mats, distance markers |
| 13 | Comparing Performance Metrics (Decimals) | Compare, order, and analyze performance results (e.g., speed, distance) using decimals and percentages. | Record and evaluate student performances (e.g., sprint times) with decimal comparisons, similar to ranking groups in Junkanoo. | Stopwatches, scorecards, data analysis charts |

This pacing guide for Grade 10 promotes a deeper understanding of physical performance analysis, symmetry, and precise measurement in physical activities, all while drawing connections to Junkanoo. It integrates math and cultural elements, fostering both physical and analytical skill development.

Grade 11 Physical Education Pacing Guide with Junkanoo Themes

This guide emphasizes performance analysis, advanced symmetry in movement, and accurate measurement, providing students with a culturally relevant approach to fitness.

| Pacing Guide Week # | Topic | Objectives | Integration Strategy | Resources |
|---------------------|--|--|--|---|
| 10 | Evaluating Physical Performance Factors | Evaluate factors such as speed, endurance, and agility that contribute to optimal performance. | Students assess their own strengths through drills and group circuits, structured similarly to Junkanoo parade formations. | Cones, markers, self-assessment sheets |
| 11 | Advanced Symmetry and Coordination | 1) Identify and execute advanced symmetrical movements. 2) Design routines with mirrored movements for coordination. | Facilitate the creation of routines where students synchronize complex movements, inspired by Junkanoo's symmetrical designs. | Mirrors, partner choreography guides |
| 12 | Precision Measurement in Performance | Measure and record precise distances, heights, and angles in physical activities. | Students use tools to measure throws and jumps with accuracy, emphasizing the meticulous measurement used in Junkanoo costume detailing. | Measuring tapes, jump mats, protractors |
| 13 | Performance Data Analysis (Decimals & Percentages) | Compare, rank, and analyze performance results (e.g., times, distances) using decimals and percentages. | Record and analyze sprint and jump results, with students comparing scores to understand rankings like those in Junkanoo competition. | Stopwatches, scorecards, data analysis sheets |

This Grade 11 pacing guide encourages students to deepen their skills in analyzing performance metrics, mastering symmetry, and achieving precision in measurement. The Junkanoo theme integrates cultural relevance, promoting both physical and analytical skill growth.