

# Fall 2019 Physical Education Curriculum

<b>Date</b>	<b>Thordarson</b>	<b>Grimes</b>	<b>Roberts</b>	<b>Literacy Activities</b>
<b>7/23 to 7/30</b>	<b>Orientation/Lockers</b> (Gym/Locker rooms)	<b>Orientation/Lockers</b> (Gym/Locker rooms)	<b>Orientation/Lockers</b> (Gym/Locker rooms)	
<b>7/31 - 8/1</b>	<b>Binder Check and Fitness Testing</b>	<b>Binder Check and Fitness Testing</b>	<b>Binder Check and Fitness Testing</b>	<b>7/31--No wrestling Room</b>
<b>8/2 - 8/9</b>	<b>Team Building</b> (Gym/Wrestling room)	<b>Team Building</b> (Gym/Wrestling room)	<b>Team Building</b> (Gym/Wrestling room)	
<b>8/12 to 8/19</b>	<b>Fitness &amp; Gym Games</b> (Wrestling Room & Gym)	<b>Fitness &amp; Gym Games</b> (Wrestling Room & Gym)	<b>Fitness &amp; Gym Games</b> (Wrestling Room & Gym)	
<b>8/20 to 8/30</b>	<b>Weight Training</b> (Weight Room)	<b>World of Scooters</b> (Wrestling Room)	<b>Volleyball</b> (Gym)	<b>Components of Fitness</b>
<b>9/3 to 9/13</b>	<b>World of Scooters</b> (Wrestling Room)	<b>Volleyball</b> (Gym)	<b>Weight Training</b> (Weight Room)	<b>Target HR</b>
<b>9/16 to 9/28</b>	<b>Volleyball</b> (Gym)	<b>Weight Training</b> (Weight Room)	<b>World of Scooters</b> (Wrestling Room)	<b>Skill Realted Fitness</b>
<b>Date</b>				
<b>10/15 to 10/28</b>	<b>Flag Football</b> (Football Field)	<b>Tennis</b> (Tennis Courts)	<b>Team Handball</b> (Gym)	<b>F.I.T.T. Principle</b>
<b>10/29 to 11/7</b>	<b>Tennis</b> (Tennis Courts)	<b>Team Handball</b> (Gym)	<b>Flag Football</b> (Soccer/FB field)	<b>Physical Activity</b>
<b>11/8 to 11/20</b>	<b>Team Handball</b> (Gym)	<b>Flag Football</b> (Football Field)	<b>Tennis</b> (Tennis Courts)	
<b>11/21 to 12/5</b>	<b>Pickleball</b> (Tennis Courts)	<b>Basketball</b> (Gym)	<b>Ultimate Frisbee</b> (Soccer Fields)	
<b>12/6-12/17</b>	<b>Basketball</b> (Gym)	<b>Ultimate Frisbee</b> (Soccer Field)	<b>Capture the Flag</b> (Football Field)	
<b>12/18-12/19</b>	<b>PE Final Exam</b>	<b>PE Final Exam</b>	<b>PE Final Exam</b>	