

Physical Education Curriculum

Fall Activities

Freshman/Sophomore	Length	Junior/Senior
Pre-testing Physical Fitness	1-2 weeks	Pre-testing Physical Fitness
Trust/Cooperative Games	2 weeks	Trust/Cooperative Games
Speedball	2 weeks	Golf
Flag Football/ Frisbee Golf	3 weeks	Frisbee Golf/ Flag Football
Floor Hockey/ Handball	6 weeks	Floor Hockey/ Handball
Physical Fitness Testing	1-2 weeks	Physical Fitness Testing
Character Education	1 week	Character Education

Spring Activities

Freshman/Sophomore	Length	Junior/Senior
Fitness Circuits/Aerobics	3 weeks	Personal Fitness Programs
Volleyball	2 weeks	Volleyball
Indoor Soccer	2 weeks	Indoor Soccer
Boffer Ball	2 weeks	Boffer Ball
Weight Training	2 weeks	Pickle Ball
Orienteering	1 ½ weeks	Tennis
Softball/Fitness Walking	2 weeks	Softball/Fitness Walking
Physical Fitness Post Testing	1 week	Physical Fitness Post Testing
Horseshoes, Bocce, Bongo & Wii	2 weeks	Horseshoes, Bocce, Bongo & Wii
Ultimate Frisbee/Fitness Walking	1 week	Ultimate Frisbee/Fitness Walking
Recreation	Rainy Day Activities	Recreation