

2011-2012 PHYSICAL EDUCATION CURRICULUM HIGH SCHOOL

9/6 - 9/9 Student Orientation/Assign Lockers and Locks/Sign-Up for Activities

Quarter 1

9/9 - 10/6

Football
Mountain Biking
Lacrosse

10/11 - 11/8

Team Handball
In Line Skating
Intro to Weight Training

FITNESSGRAM TESTING

11/9 - 11/10

Quarter 2

11/14 - 12/16

Basketball
Badminton
Fitness & Wellness

12/19 - 1/27

Fitness & Wellness
Table Tennis
Volleyball

Quarter 3

1/30 - 3/1

Ultimate Frisbee
Dance Movement Education
Snow Shoeing

3/2 - 4/2

Floor Hockey
Pickleball/Intro to Tennis
Strength Training

FITNESSGRAM TESTING

4/2 - 4/3

Quarter 4

4/4 - 5/10

Fitness Walking
Soccer
Outdoor Adventure I
(Archery/Wall Climbing)

5/11 - 6/8

Golf
Softball
Outdoor Adventure II
(Fishing/Orienteering)

Lock Collection 6/11 - 6/13