

2009-2010 PHYSICAL EDUCATION CURRICULUM

RJK MIDDLE SCHOOL

Student Orientation/Issue Lockers and locks/ Sign-up for Activities 9/3-9/10.

Quarter 1

Soccer
Fitnessgram
Health Screening- NO P.E.
Mat Kickball- Fun Day
Fitnessgram
Ultimate Games/Circus

Quarter 2

Volleyball
Fitness
Mat Kickball
Fitnessgram
Mat Kickball- Fun Day
Basketball

Quarter 3

Bowling/Rollerblading (2 wks each then switch)
Circus/Adventure/ Ultimate Games
Mat Kickball- Fun Day
Sportwall/Elementary Games

Quarter 4

Track & Field
Fitnessgram
Softball/Mountain Biking/Ultimate Games
Mat Kickball- Fun Day

6/11-6/14

Lock Collection