



# Curriculum for all 2017 - 2018 P.E. Classes

This is a guideline for our instructors. The daily activity may be altered. Classes will be split by age and ability. The younger group may do something a bit different or scaled down.

|                 |                    |   |
|-----------------|--------------------|---|
| Week 1          | September 13       | Introduction to Program /Get To Know You Fun Day              |
| Week 2          | September 20       | Fitness Test / Nutrition – What you should consume for sports |
| Week 3          | September 27       | Basketball Skills and Game: <b>BRING A BASKETBALL!!!</b>      |
| Week 4          | October 4          | Soccer: <b>BRING A SOCCER BALL!!!</b>                         |
| Week 5          | October 11         | Wiffle Ball   |
| Week 6          | October 18         | Flag Football Skills and Game: <b>BRING A FOOTBALL!!!</b>     |
| Week 7          | October 25         | Fitness Test / Hydration                                      |
| Week 8          | November 1         | Archery   |
| Week 9          | November 8         | Giant Volleyball / Nuk 'Em                                    |
| Week 10         | November 15        | Capture the Flag  |
| <b>OFF WEEK</b> | <b>November 22</b> | <b>NO CLASS: Thanksgiving Holiday</b>                         |
| Week 11         | November 29        | Fitness Test / Gymnastics Fun                                 |
| Week 12         | December 6         | Winter Olympics in the Gym / Winter Break Homework            |
| Week 13         | December 13        | Holiday Fun / Homework  |
| <b>OFF WEEK</b> | <b>December 20</b> | <b>NO CLASS: Christmas Holiday</b>                            |
| <b>OFF WEEK</b> | <b>December 27</b> | <b>NO CLASS: New Year Holiday</b>                             |
| <b>OFF WEEK</b> | <b>January 3</b>   | <b>NO CLASS: New Year Holiday</b>                             |
| Week 14         | January 10         | Turn in Holiday Homework: Dodgeball                           |
| Week 15         | January 17         | Fitness Test / Benefits of Exercise                           |
| Week 16         | January 24         | Field Hockey  |
| Week 17         | January 31         | Ultimate Frisbee: <b>BRING A FRISBEE!!!</b>                   |
| Week 18         | February 7         | Basketball: <b>BRING A BASKETBALL!!!</b>                      |
| Week 19         | February 14        | Handball / Kickball   |
| Week 20         | February 21        | Pickleball  |
| Week 21         | February 28        | Fitness Test / Healthy Eating                                 |
| Week 22         | March 7            | Freeze Tag / Sharks N Minnows / Relay Races                   |
| Week 23         | March 14           | Flag Football / Flag A Tag: <b>BRING A FOOTBALL!!!</b>        |
| Week 24         | March 21           | Soccer: <b>BRING A SOCCER BALL!!!</b>                         |
| Week 25         | March 28           | Fitness Test / Flexibility                                    |
| Week 26         | April 5            | Archery   |
| Week 27         | April 11           | Field Hockey  |
| Week 28         | April 18           | Wiffle Ball   |
| Week 29         | April 25           | Fitness Test / Mind Over Muscle                               |
| Week 30         | May 2              | Gymnastics Fun  |
| Week 31         | May 9              | Dodgeball   |
| Week 32         | May 16             | Final Fitness Test / Open / FREE Play                         |
| Week 33         | May 23             | End of Session Party  |