



# Curriculum for all 2018 - 2019 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 5	Introduction to Program /Get To Know You Fun Day
Week 2	September 12	Soccer: <b>BRING A SOCCER BALL!!!</b>
Week 3	September 19	Fitness Test / Nutrition – What you should consume for sports
Week 4	September 26	Basketball Skills and Game: <b>BRING A BASKETBALL!!!!</b>
Week 5	October 3	Handball / Kickball / Chaos
Week 6	October 10	Wiffle Ball
Week 7	October 17	Flag Football Skills and Game: <b>BRING A FOOTBALL!!!</b>
Week 8	October 24	Fitness Test / Hydration
Week 9	October 31	Share a Game – <b>Bring your favorite game that is NOT played at the RISE!!!</b>
Week 10	November 7	Giant Volleyball / Nuk 'Em / Nine Square
Week 11	November 14	Capture the Flag
OFF WEEK	November 21	<b>NO CLASS: Happy Thanksgiving Holiday</b>
Week 12	November 28	Fitness Test / Gymnastics Fun
Week 13	December 5	Winter Olympics in the Gym
Week 14	December 12	Holiday Fun / Winter Break Homework
OFF WEEK	December 19	<b>NO CLASS: Merry Christmas Holiday</b>
OFF WEEK	December 26	<b>NO CLASS:</b>
OFF WEEK	January 2	<b>NO CLASS: Happy New Year Holiday</b>
Week 15	January 9	Turn in Holiday Homework: Dodgeball
Week 16	January 17	Fitness Test / Benefits of Exercise
Week 17	January 24	Field Hockey
Week 18	January 31	Ultimate Frisbee: <b>BRING A FRISBEE!!!</b>
Week 19	February 7	Basketball: <b>BRING A BASKETBALL!!!</b>
Week 20	February 14	Handball / Kickball / Chaos
Week 21	February 21	Pickleball
Week 22	February 28	Fitness Test / Healthy Eating
Week 23	March 7	Create a Game
Week 24	March 14	Flag Football / Flag A Tag: <b>BRING A FOOTBALL!!!</b>
Week 25	March 21	Soccer: <b>BRING A SOCCER BALL!!!</b>
Week 26	March 28	Fitness Test / Flexibility
Week 27	April 5	Mousetrap / Other Fun Stuff
Week 28	April 11	Field Hockey
Week 29	April 18	Wiffle Ball
Week 30	April 25	Fitness Test / Mind Over Muscle
Week 31	May 2	Gymnastics Fun / Dodgeball
Week 32	May 9	Final Fitness Test / Open FREE Play
Week 33	May 16	End of Session Party