



Curriculum for all 2020 - 2021 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 16	Introduction to Program /Get To Know You Fun Day
Week 2	September 23	Soccer: BRING A SOCCER BALL!!! / Dodgeball
Week 3	September 30	Fitness Test / Nutrition – What you should consume for sports
Week 4	October 7	Basketball Skills and Game: BRING A BASKETBALL!!!!
Week 5	October 14	Handball / Kickball / Chaos
Week 6	October 21	Wiffle Ball
Week 7	October 28	Flag Football Skills and Game: BRING A FOOTBALL!!!
Week 8	November 4	Fitness Obstacle Course / Hydration
Week 9	November 11	Share a Game – Bring your favorite game that is NOT played at the RISE!!!
Week 10	November 18	Giant Volleyball / Nuk 'Em / Nine Square
Off Week	November 25	NO CLASS: Happy Thanksgiving Holiday
Week 11	December 2	Ultimate Frisbee BRING A FRISBEE!!! / Jumbo Stackers Relays
Week 12	December 9	Winter Olympics in the Gym
Week 13	December 16	Holiday Fun / Winter Break Homework
OFF WEEK	December 23	Merry Christmas – No Class
Week 14	January 6	Turn in Holiday Homework: Dodgeball
Week 15	January 13	Fitness Test / Benefits of Exercise
Week 16	January 20	Field Hockey
Week 17	January 27	Pickleball / Soccer
Week 18	February 3	Basketball: BRING A BASKETBALL!!!
Week 19	February 10	Handball / Kickball / Chaos
Week 20	February 17	Gymnastics Fun
Week 21	February 24	Fitness Test / Healthy Eating
Week 22	March 3	Dodgeball /
Week 23	March 10	Flag Football / Flag A Tag: BRING A FOOTBALL!!!
Week 24	March 17	Open Supervised Play – You Pick Your Fun
Week 25	March 24	Fitness Test / Flexibility
Week 26	March 31	Mousetrap / Other Fun Stuff
Week 27	April 7	Field Hockey
Week 28	April 14	Wiffle Ball
Week 29	April 21	Fitness Test / Mind Over Muscle
Week 30	April 28	Gymnastics Fun / Dodgeball
Week 31	May 5	Final Fitness Test / Open FREE Play
Week 32	May 12	End of Session Party