

1st Semester 7th and 8th Grade P.E.

August

S	M	T	W	TH	FR	S
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

← First week/team building exercises

← Foot skills with soccer balls

September

S	M	T	W	TH	FR	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

← Fitness testing (pre-test)

← Matt ball

October

S	M	T	W	TH	FR	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

← Yoga and fitness activities

← Spikeball

November

S	M	T	W	TH	FR	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30		

← Health unit (self image)

← Hula hoop kickball

← Team handball

December

S	M	T	W	TH	FR	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

← Ping pong

2nd Semester 7th and 8th Grade P.E.

January

S	M	T	W	TH	FR	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

← Balance/tumbling/stunts

← Basketball

February

S	M	T	W	TH	FR	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28			

← Throwing/catching flying discs

← Kan Jam

March

S	M	T	W	TH	FR	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

← Volleyball

← Field hockey

← Fitness testing (post test)

April

S	M	T	W	TH	FR	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

← Lacrosse

← Track and field

May

S	M	T	W	TH	FR	S
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23			

← Spikeball