

1st Semester 6th 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 6th 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					



Dancing



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