Curriculum Calender 1st Semester 2016-2017

Date Day Activity

Aug 17 Wednesday 7th grade intro to PE

Aug 18 Thursday class disclosures, expectations, padlock and lockers

Aug 19 Friday Fitness Assessment #1

Aug. 22 Monday Finish Fitness Assessment #1

Aug. 23 Tuesday Intro to Kickball and base sports

Aug. 24 Wednesday Kickball Tournament

Aug. 25 Thursday Kickball Tournament

Aug. 26 Friday Intro to Softball/ Throwing and Catching

Aug. 29 Monday Coin Run #1

Aug. 30 Tuesday Softball tournament

Aug. 31 Wednesday Softball tournament

Sept 1 Thursday Capture The Flag Tournament

Sept 2 Friday Capture The Flag Tournament

Sept 5 Monday No School- Labor Day

Sept 6 Tuesday Coin Run #2

Sept. 7 Wednesday Intro to Pickleball

Sept. 8 Thursday Pickleball tournament

Sept. 9 Friday Pickleball tournament

Sept 12 Monday Coin Run #3

Sept 13 Tuesday Intro to Track & Field /100 meter dash

Sept 14 Wednesday Shot Put/ Discus/ Javelin

Sept 15 Thursday Relay racing

Sept 16 Friday Long Jumping

Sept 19 Monday Coin Run #4

Sept 20 Tuesday 200 meter/400 meter/ 800 meter

Sept 21 Wednesday hurdling/ 70 meter low hurdles

Sept 22 Thursday One mile run

Sept 23 Friday High Jumping

Sept 26 Monday Coin Run #5

Sept.27 Tuesday Intro to soccer

Sept 28 Wednesday Soccer skills

Sept 29 Thursday Soccer tournament

Sept 30 Friday Soccer tournament

Oct 3 Monday Coin Run #6

Oct 4 Tuesday Intro to Lacrosse

Oct 5 Wednesday Lacrosse tournament

Oct 6 Thursday Lacrosse tournament

Oct 7 Friday Intro to flag football

Oct 10 Monday Coin Run #7

Oct 11 Tuesday Flag Football - Passing and Catching

Oct 12 Wednesday Flag Football - Play Calling

Oct. 13 Thursday Flag Football Tournament

Oct. 14 Friday Flag Football Tournament

Oct. 17 Monday Coin Run #8

Oct. 18 Tuesday Term Final Examination

Oct. 19 Wednesday No school- teacher development

Oct 20 Thursday No school – fall break

Oct 21 Friday No school – fall break

Oct 24 Monday No school - fall break

Oct 25 Tuesday Fitness Assessment #3

Oct 26 Wednesday Finish Fitness Assessment #3

Oct 27 Thursday Weight Room Instruction

Oct 28 Friday Weight Room Instruction

Oct 31 Monday Weight Room Instruction

Nov 1 Tuesday Strength Training/ Day 1

Nov 2 Wednesday Cup Stacking/ Dexterity/ Bilateral Efficiency

Nov 3 Thursday Cup Stacking Relays

Nov 4 Friday Intro to handball

Nov 7 Monday Weight Room Instruction

Nov 8 Tuesday Strength Training/ Day 2

Nov 9 Wednesday Handball tournament

Nov 10 Thursday Handball tournament

Nov 11 Friday Intro to badminton

Nov 14 Monday Weight Room Instruction

Nov 15 Tuesday Strength Training/ Day 3

Nov 16 Wednesday Badminton practice

Nov 17 Thursday Badminton tournament

Nov 18 Friday Badminton tournament

Nov 21 Monday Weight Room Instruction

Nov 22 Tuesday Strength Training/ Day 4

Nov 23 Wednesday No School – Thanksgiving

Nov 24 Thursday No School – Thanksgiving

Nov 25 Friday No School – Thanksgiving

Nov 28 Monday Weight Room Instruction

Nov 29 Tuesday Strength Training/ Day 5

Nov 30 Wednesday Intro to floor hockey

Dec 1 Thursday Floor Hockey tournament

Dec 2 Friday Floor Hockey tournament

Dec 5 Monday Weight Room Instruction

Dec 6 Tuesday Strength Training/ Day 6

Dec 7 Wednesday Fitness Assessment #4

Dec 8 Thursday Intro to basketball

Dec 9 Friday Shooting

Dec 12 Monday Weight Room Instruction

Dec 13 Tuesday Strength Training/ Day 7

Dec 14 Wednesday basketball tournament

Dec 15 Thursday basketball tournament

Dec 16 Friday Wacky Relays

Dec 19-

Jan 2 NO SCHOOL – Christmas holidays

Jan 3 Tue Strength Training/ Day 8

Jan 4 Wed Intro to volleyball

Jan 5 Thursday Serving and Receiving

Jan 6 Friday volleyball tournament

Jan 9 Monday Weight Room Instruction

Jan 10 Tuesday volleyball tournament

Jan 11 Wednesday Strength Training/ Day 9

Jan 12 Thursday Fitness Assessment #5

Jan 13 Friday Final Examination/ Padlocks