

Yearly Plan – Middle & Upper School PE

	Grades 6	Grade 7	Grade 8	Grade 9	Grade 10	Grade 11-12
Term 1	Soccer Volleyball --- Inline Skating Ultimate Games Outdoor/Adventure Education	Volleyball Handball --- Golf Touch Rugby	Soccer Volleyball --- Orienteering Inline Skating Racquet Sports Adventure Education	*Volleyball Fitness Testing ISL Fitness Room (no choice in term 1) Each student spends 4 weeks in each course.	* Volleyball --- **Fitness for Life	Student Leadership First Aid/ CPR/ Sport Injuries Soccer or Volleyball
	Basketball Intro to Racquet Sports --- Acrobatics/ Gymnastics Dance	Team Games Basketball --- Dance Acrobatics	Basketball Badminton --- Games & Leadership Swimming, Water Polo, Gymnastics	*Racquet Sports --- **Fitness for Life/ Water Safety	* Racquet Sports --- **Fitness for Life	Student Leadership Basic instructional Techniques Basketball or Racquet Sport
Term 3	Team Handball Softball --- Intro to Fitness Track and Field	Soccer Floor Hockey --- Cooperative Games Swimming Inline Skating	Track and Field Softball --- Field Hockey Ultimate Frisbee	* Track and Field --- **Fitness for Life/ Water Safety	*Track and Field --- **Fitness for Life	Student Leadership Individualised and Peer Fitness Plan Golf or Track and Field or Touch Rugby

Grades 9 choose Fitness for Life or Sport classes in terms 2/3. Grades 10 may only choose up to two Fitness for Life or Sport classes per year.

* The sports track will be one sport per trimester and in the year 2007-2008 will include Volleyball, Racket Sports and Track and Field again. Both years will include Fitness Concepts.

** The Fitness for Life track will be a combination of some of the following:

Cycling, In-Line Skating, Sports Medicine/Fitness Concepts, Martial Arts/Yoga, Aerobics, Dance, Water Sports (polo, hockey, games), Swimming, Hiking, Outdoor Pursuits, Strength Training, Weight Lifting, Running, Walking, Mini Marathon, Mini Triathlon, Rope Jumping...