

6-8 PHYSICAL EDUCATION

September
Rules, expectations and procedures
Bus drill
Team building games
Fitness testing/BMI

October
Finish fitness testing
Incorporate F.I.T.T into warm-up/closure (Oct thru Dec)
Volleyball 6-8
Golf
Soccer 6-8

NOVEMBER
2nd MP Fitness test 6-8
Team Handball 6-8
Scooter Games

December
Bus drill
Midterm
Begin: Bowling 6-8

June
Softball 6/7/8
Frisbee games 6-8
Hot Weather games 6-8

6-8th grade
Physical
Education

FREQUENCY
INTENSITY
TIME
TYPE

CARDIOVASCULAR
ENDURANCE

MUSCULAR ENDURANCE

MUSCULAR STRENGTH

BODY COMPOSITION

FLEXIBILITY

January
Badminton
Basketball (benchmark)
Incorporate the 5 components of fitness into warm-up/CD activities (Jan. thru March)

May
Track and Field 6-8
Final fitness test
Football
Review F.I.T.T. and 5 components daily.

April
Tennis
Lacrosse skills/small games
"Cruise games"
Table tennis, pickleball, tetherball

March
Jump Rope / Juggling
Wiffleball
March madness activities

February
Floor Hockey
Fitness (Cardio/Wellness)

