

## Physical Education 2nd Semester 2023-24 Schedule

	PE 9	PE 10-12	Team Sports	Weight Train		Racquet Sports	Total Fitness
<b>1<sup>st</sup> Unit</b>	Track and Field / Fitness Testing	Floor Hockey / Volleyball	Volleyball / Dodgeball	Fitness Center / Yoga Room	Volleyball / Dodgeball	La Crosse / Field Hockey	
<b>2<sup>nd</sup> Unit</b>	Soccer / Speedball	Badminton / Pickleball	Floor Hockey / Team Handball		Water Polo	Tennis	
<b>3<sup>rd</sup> Unit</b>	Outdoor Rec. Activities	Swimming / Fitness / Indoor Rec Activities	Water Polo / Create a game	Water Polo / Create a game	Indoor Soccer	Pickleball	
<b>4<sup>th</sup> Unit</b>	Swimming / Fitness / Indoor Rec Activities	Swimming / Fitness / Indoor Rec Activities	Basketball	Softball / Speedball / Flag Football	Basketball	Cricket	
<b>5<sup>th</sup> Unit</b>	Swimming / Fitness / Indoor Rec Activities	Tennis / Fitness Testing / F. Golf	Outdoor Rec Activities		Floor Hockey / Team Handball	Starball	
<b>6<sup>th</sup> Unit</b>	Basketball / Volleyball	Softball / Speedball / Flag Football	Soccer / Flag Football	Water Polo / Create a game	Soccer / Speedball	Badminton	
<b>7<sup>th</sup> Unit</b>	Starball / Pickleball	Outdoor Rec	Softball / Speedball	Indoor Rec Activities / Racquet Sports	Outdoor Rec Activities	Eclipseball / Floor Hockey	
<b>8<sup>th</sup> Unit</b>	Review / Fitness Testing	Review / Fitness Testing	Skill Testing		Softball / Flag Football	Racquetball	

**Lockers/Rules/Procedures** = January 23

**Fitness Testing** = January 24-26

**Unit 1** = January 29 – February 9 (10 days)

Note: Team Sports will be 13 days.

**Unit 2** = February 12 – 26 (9)

**Unit 3** = February 27 – March 8 (9)

**Unit 4** = March 11 – 22 (9)

**Unit 5** = April 2 – April 18 (11)

**Unit 6** = April 19 – May 5 (11)

**Unit 7** = May 6 – 20 (11)

**Unit 8** = May 21 – June 3 (8)

**Unit 9** =

**Final Exams** = June 4-6