

# Activities for 2016-17

## Fall 2016

\*Physical Education Assessment Tests/Fitness Testing

Kickball

Flag Football

Soccer (Dual Unit)

Fitness Training/Walking/BFS Intro (Dual Unit)

Wall Tennis (Tri-Unit)

Speedball (Tri-Unit)

Field Hockey (Tri-Unit)

4-Square, Wall Ball, Walking & Basketball (Dual Unit)

Capture the Flag (Dual Unit)

## Winter 2016-17

Basketball (Dual Unit)

Aerobics/Winter Walking/Plyo Training (Dual Unit)

Handball/Broomball

Volleyball

Indoor Soccer (Dual Unit)

Recreational Games (Dual Unit)

-Board games

-Ping Pong

-Cards

Badminton/Plyo Training

Matball

Wiffleball/Wiffle Hurling/wacko

Fitness Ball

Sprout Ball

Town Ball

Tchoukball/Spikeball/Launchers

Square Dancing/Fitness Testing

Tennis

Pickleball

Nitro Ball

Indoor Tennis

Misc. Winter Games

-Scooter Relay Games

-Star Wars

-Crab Soccer

-Big Ball volleyball

-Flickerball (Indoor Football)

## Spring 2017

Fitness Testing-Mile Run (Dual Unit)

Track & Field (Dual Unit)

Street Hockey/Walking

Softball

Recreational Outdoor Games

-Modified Cricket

-Ultimate Frisbee

(Football Frisbee)

-Defenders of the Cone

Misc. Games Unit

-Smashball

-Walking

-Kickball

-Alaska/Wacko Ball

Disc Golf/Kan Jam

\*Physical Education Final Exam

\*Basketball-includes the following: 3 v 3, Around the World, Horse, Knockout, Dribble Knockout, Steal the bacon and BASEketball