

Jesuit Academy Year Long Physical Education Plan 2013-2014

| Week of.... | 4-6 th Grade | | 7 th -8 th Grade | |
|------------------|-------------------------|--------------------|--|-----------------|
| August 12 | Rules/Expectation | Fitness Games | Rules/Expectation | Fitness Games |
| August 19 | Loco-motor/Football | Locomotor/Football | Football Skills | Football Skills |
| August 26 | Throwing Skills | Throwing Skills | Football | Football |

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| September 2 | Hoop Activities | Hoop Activities | Football | Fitness Testing |
| September 9 | BeanBag Activities | Beanbag Activities | Fitness Testing | Mile Run |
| September 16 | Animal Activities | Animal Activites | Pringle Cans | Jump Rope |
| September 23 | Scoters | Scoters | Volleyball | Volleyball |

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| September 30 | Kicking Skills | Kicking Skills | Volleyball | Volleyball |
| October 7 | Human Body | Human Body | Human Body/Volley Ball | Human Body/Volley Ball |
| October 14 | Parachute | Parachute | Pedometer | Pedometer |
| October 21 | Halloween Games | Scooertown | Pedometers | Pedometers |

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| October 28 | Ball Handling | Ball handing | Basketball Drills | Basketball Drills |
| November 4 | Basketball Skill | Basketball Skills | Basketball Drills | Basketball Drills |
| November 11 | Scoter Hoops | Scoter Hoops | Basketball Skill | Basketball Skills |
| November 18 | Sports Reading | Sports Reading | Sports Reading | Sports Reading |

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| November 25 | Turkey Games | Turkey Games | Shuffleboard | Shuffleboard |
| December 2 | Numbers Math | Numbers Math | Math Hoops | Math Hoops |

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| December 9 | Goal Day Practice | Goal Day Practice | Goal Day Practice | Goal Day Practice |
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| December 16 | Fitness Games | Goal day | Goal day | Fitness Games |
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