



MR. D'ANGELO

MAHONE PHYSICAL

EDUCATION

Digital Assignment Notebook

Teacher Information:

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Permanent Links

[Technology Resources
for Families](#)

Parent Info

[Infinite Campus](#)
Grades & Attendance

[Mahone Daily
Announcements](#)

Student Links

[Classlink:](#)
(Online Books/Google
Classroom/Edgenuity &
more)

[PE Syllabus](#)

[PE Makeup Form](#)

Gradebook Information

Infinite Campus is used to communicate student success in mastering standards. Students are either practicing or being assessed on skills and material.



PHYSICAL EDUCATION ANNOUNCEMENTS

[Mahone Middle School Physical Education Syllabus](#)

[Mahone PE Makeup Form:](#) Every PE student that is absent other than school related event (field trip, band, etc) will receive 5 points per day. To make up the other 5 points, students will need to make up their time missed. Please click on the link to fill out Mahone PE Makeup form.

6th Grade	7th Grade	8th Grade

2025-2026 School Year

Week of 1/19/2026-1/23/2026

CLASS	Monday	Tuesday	Wednesday	Thursday	Friday
6th Grade	P Fitness Center #7 Stations	P #6 Badminton or Pickleball Playoffs	P Team Handball #3 Game	P Teachers Choice #10 3 Team Handball	No School Teacher Workday
7th Grade	P Fitness Center #7 Stations	P #6 Badminton or Pickleball Playoffs	P Team Handball #3 Game	P Teachers Choice #10 3 Team Handball	No School Teacher Workday
8th Grade	P Fitness Center #7 Stations	P #6 Badminton or Pickleball Playoffs	P Team Handball #3 Game	P Teachers Choice #10 3 Team Handball	No School Teacher Workday

Week of 1/12/2026-1/16/2026

CLASS	Monday	Tuesday	Wednesday	Thursday	Friday
6th Grade	No School MLK Day	SA Post Fitness Test Day 1 Push ups Curl ups Sit and Reach	SA Post Fitness Test Day 2 PACER	P Student Choice #8	P Fitness Friday #9
7th Grade	No School MLK Day	SA Post Fitness Test Day 1 Push ups Curl ups Sit and Reach	SA Post Fitness Test Day 2 PACER	P Student Choice #8	P Fitness Friday #9
8th Grade	No School MLK Day	SA Post Fitness Test Day 1 Push ups Curl ups Sit and Reach	SA Post Fitness Test Day 2 PACER	P Student Choice #8	P Fitness Friday #9

Week of 1/5/2026-1/9/2026

CLASS	Monday	Tuesday	Wednesday	Thursday	Friday
6th Grade	P Fitness Center #6 Video	P Hockey #3 Game	P#5 Badminton or Pickleball Games 9,10,11	P Teachers Choice #9 3 Team Hockey	P Fitness Friday #8

7th Grade	P Fitness Center #6 Video	P Hockey #3 Game	P #5 Badminton or Pickleball Games 9,10,11	P Teachers Choice #9 3 Team Hockey	P Fitness Friday #8
8th Grade	P Fitness Center #6 Video	P Hockey #3 Game	P#5 Badminton or Pickleball Games 9,10,11	P Teachers Choice #9 3 Team Hockey	P Fitness Friday #8

Week of 12/15/2025-12/19/2025					
CLASS	Monday	Tuesday	Wednesday	Thursday	Friday
6th Grade	P Fitness Center #5 Lower Body Workout	P #4 Badminton or Pickleball Games 6,7,8	P Team Handball #2 Basketball Version	P Teachers Choice #8 3 Team Castleball	P Student Choice #7
7th Grade	P Fitness Center #5 Lower Body Workout	P #4 Badminton or Pickleball Games 6,7,8	P Team Handball #2 Basketball Version	P Teachers Choice #8 3 Team Castleball	P Student Choice #7
8th Grade	P Fitness Center #5 Lower Body Workout	P #4 Badminton or Pickleball Games 6,7,8	P Team Handball #2 Basketball Version	P Teachers Choice #8 3 Team Castleball	P Student Choice #7

Week of 12/8/2025-12/12/2025					
CLASS	Monday	Tuesday	Wednesday	Thursday	Friday
6th Grade	P Fitness Center #4 Upper Body Workout	P Hockey #2 Game	P Pickleball #3 Rules Games 4,5	P Teachers Choice #7 Class vs Class Floor Hockey	No School Teacher PD
7th Grade	P Fitness Center #4 Upper Body Workout	P Hockey #2 Game	P Pickleball #3 Rules Games 4,5	P Teachers Choice #7 Class vs Class Floor Hockey	No School Teacher PD

8th Grade	P Fitness Center #4 Upper Body Workout	P Hockey #2 Game	P Pickleball #3 Rules Games 4,5	P Teachers Choice #7 Class vs Class Floor Hockey	No School Teacher PD
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Week of 12/1/2025-12/5/2025					
CLASS	Monday	Tuesday	Wednesday	Thursday	Friday
6th Grade	P Teachers Choice #6 3 Team Handball	P Fitness Center #3 Stations continued	P Badminton #2 Games 1, 2, 3	P Team Handball #1 Game	P Fitness Friday #7
7th Grade	P Teachers Choice #6 3 Team Handball	P Fitness Center #3 Stations continued	P Badminton #2 Games 1,2,3	P Team Handball #1 Game	P Fitness Friday #7
8th Grade	P Teachers Choice #6 3 Team Handball	P Fitness Center #3 Stations continued	P Badminton #2 Games 1,2,3	P Team Handball #1 Game	P Fitness Friday #7

Week of 11/24/2025-11/28/2025					
CLASS	Monday	Tuesday	Wednesday	Thursday	Friday
6th Grade	P Teachers Choice #5 Badminton Tournament	P Teachers Choice #5 Badminton Tournament	Thanksgiving Break	Thanksgiving Break	Thanksgiving Break
7th Grade	P Teachers Choice #5 Badminton Tournament	P Teachers Choice #5 Badminton Tournament	Thanksgiving Break	Thanksgiving Break	Thanksgiving Break
8th Grade	P Teachers Choice #5 Badminton Tournament	P Teachers Choice #5 Badminton Tournament	Thanksgiving Break	Thanksgiving Break	Thanksgiving Break

Week of 11/17/2025-11/21/2025

CLASS	Monday	Tuesday	Wednesday	Thursday	Friday
6th Grade	P Student Choice #5 Bball/Vball/Matball	P Fitness Center #2 Stations	P Hockey #1 Mini Games	P Badmintonl #1 Pick Teams/Practice Games	P Fitness Friday #6
7th Grade	P Student Choice #5 Bball/Vball/Matball	P Fitness Center #2 Stations	P Hockey #1 Mini Games	P Badminton #1 Pick Teams/Practice Games	P Fitness Friday #6
8th Grade	P Student Choice #5 Bball/Vball/Matball	P Fitness Center #2 Stations	P Hockey #1 Mini Games	P Badminton #1 Pick Teams/Practice Games	P Fitness Friday #6

Week of 11/10/2025-11/14/2025

CLASS	Monday	Tuesday	Wednesday	Thursday	Friday
6th Grade	P Student Choice #4 Bball/Vball/Dodgeba ll	FA Mid Fitness Testing Push ups, Curl ups, Sit and Reach	FA Mid Fitness Testing PACER	P Teacher Choice #4 3 Team Castleball	P Fitness Friday #5
7th Grade	P Student Choice #4 Bball/Vball/Dodgeba ll	FA Mid Fitness Testing Push ups, Curl ups, Sit and Reach	FA Mid Fitness Testing PACER	P Teacher Choice #4 3 Team Castleball	P Fitness Friday #5
8th Grade	P Student Choice #4 Bball/Vball/Dodgeba ll	FA Mid Fitness Testing Push ups, Curl ups, Sit and Reach	FA Mid Fitness Testing PACER	P Teacher Choice #4 3 Team Castleball	P Fitness Friday #5

Week of 11/3/2025-11/7/2025

CLASS	Monday	Tuesday	Wednesday	Thursday	Friday
6th Grade	P Movement Monday #8	P Volleyball #3 Games 2 and 3	P Basketball #3 Stations or Half Court Game	P Teachers Choice #3 Volleyball Tournament	P Fitness Friday #4
7th Grade	P Movement Monday #8	P Volleyball #3 Games 2 and 3	P Basketball #3 Stations or Half Court Game	P Teachers Choice #3 Volleyball Tournament	P Fitness Friday #4
8th Grade	P Movement Monday #8	P Volleyball #3 Games 2 and 3	P Basketball #3 Stations or Half Court Game	P Teachers Choice #3 Volleyball Tournament	P Fitness Friday #4

Week of 10/27/2025-10/31/2025

CLASS	Monday	Tuesday	Wednesday	Thursday	Friday
6th Grade	P Teachers Choice #2 Basketball/Volleyball	P Volleyball #2 Pick Teams/Game 1	P Basketball #2 Game or Stations	P Fitness Center #1 Rules/Tour/Stations End 1Q	No School Teacher Workday
7th Grade	P Teachers Choice #2 Basketball/Volleyball	P Volleyball #2 Pick Teams/Game 1	P Basketball #2 Game or Stations	P Fitness Center #1 Rules/Tour/Stations End 1Q	No School Teacher Workday
8th Grade	P Teachers Choice #2 Basketball/Volleyball	P Volleyball #2 Pick Teams/Game 1	P Basketball #2 Game or Stations	P Fitness Center #1 Rules/Tour/Stations End 1Q	No School Teacher Workday

Week of 10/20/2025-10/24/2025

CLASS	Monday	Tuesday	Wednesday	Thursday	Friday
6th Grade	Movement Monday #7	P Volleyball #1 Spikeball	P Basketball #1 Skill Stations	P Teacher's Choice 3 Team Matball	Career Day AM Student Choice PM
7th Grade	Movement Monday #7	P Volleyball #1 Spikeball	P Basketball #1 Skill Stations	P Teacher's Choice 3 Team Matball	Career Day AM Student Choice PM
8th Grade	Movement Monday #7	P Volleyball #1 Spikeball	P Basketball #1 Skill Stations	P Teacher's Choice 3 Team Matball	Career Day AM Student Choice PM

Week of 10/13/2025-10/17/2025

CLASS	Monday	Tuesday	Wednesday	Thursday	Friday
6th Grade	Movement Monday #6	P Base #4 All Run Softball Conferences	P Soccer #4 Sideline Soccer	P Football #4 Flag Football with Straka Conferences	No School Teacher PD
7th Grade	Movement Monday #6	P Base #4 All Run Softball Conferences	P Soccer #4 Sideline Soccer	P Football #4 Flag Football with Straka Conferences	No School Teacher PD
8th Grade	Movement Monday #6	P Base #4 All Run Softball Conferences	P Soccer #4 Sideline Soccer	P Football #4 Flag Football with Straka Conferences	No School Teacher PD

Week of 10/6/2025-10/10/2025

CLASS	Monday	Tuesday	Wednesday	Thursday	Friday
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6th Grade	Movement Monday #5	P Base #3 Kickball	P Football #3 Flag Football or Ultimate/Skills	P Soccer #3 Skills/Lightning	P: Student Choice #3 Basketball/Vball
7th Grade	Movement Monday #5	P Base #3 Kickball	P Football #3 Flag Football or Ultimate/Skills	P Soccer #3 Skills/Lightning	P: Student Choice #3 Basketball/Vball
8th Grade	Movement Monday #5	P Base #3 Kickball	P Football #3 Flag Football or Ultimate/Skills	P Soccer #3 Skills/Lightning	P: Student Choice #3 Basketball/Vball

Week of 9/29/2025-10/3/2025					
CLASS	Monday	Tuesday	Wednesday	Thursday	Friday
6th Grade	Movement Monday #4	P Soccer #2 Sideline Soccer vs Mrs. Lindsley	P Base #2 Matball vs Mr. Straka	P Football #2 Football vs Mr. Straka	P: Fitness Friday #3
7th Grade	Movement Monday #4	P Soccer #2 Sideline Soccer vs Mrs. Lindsley	P Base #2 Matball vs Mr. Straka	P Football #2 Football vs Mr. Straka	P: Fitness Friday #3
8th Grade	Movement Monday #4	P Soccer #2 Sideline Soccer vs Mrs. Lindsley	P Base #2 Matball vs Mr. Straka	P Football #2 Football vs Mr. Straka	P: Fitness Friday #3

Week of 9/22/2025-9/26/2025					
CLASS	Monday	Tuesday	Wednesday	Thursday	Friday
6th Grade	Movement Monday #3	P Football #1 Ultimate	P Soccer #1 Sideline Soccer vs Mr. Straka	P Base #1 Matball	P: Fitness Friday #2

7th Grade	Movement Monday #3	P Football #1 Ultimate	P Soccer #1 Sideline Soccer vs Mr. Straka	P Base #1 Matball	P: Fitness Friday #2
8th Grade	Movement Monday #3	P Football #1 Ultimate	P Soccer #1 Sideline Soccer vs Mr. Straka	P Base #1 Matball	P: Fitness Friday #2

Week of 9/15/2025-9/19/2025					
CLASS	Monday	Tuesday	Wednesday	Thursday	Friday
6th Grade	Movement Monday #2	P Class Challenge #3 Memory	P Class Challenge #4 Sports Skill Relay	P Class Challenge #5 Tug of War	P: Fitness Friday #1
7th Grade	Movement Monday #2	P Class Challenge #3 Memory	P Class Challenge #4 Sports Skill Relay	P Class Challenge #5 Tug of War	P: Fitness Friday #1
8th Grade	Movement Monday #2	P Class Challenge #3 Memory	P Class Challenge #4 Sports Skill Relay	P Class Challenge #5 Tug of War	P: Fitness Friday #1

Week of 9/8/2025-9/12/2025					
CLASS	Monday	Tuesday	Wednesday	Thursday	Friday
6th Grade	Movement Monday #1	P Class Challenge #1 Mission Impossible	P Class Challenge #2 Castleball AM only	P Class Challenge #2 Castleball PM only	P: Student Choice #2 Outdoor
7th Grade	Movement Monday #1	P Class Challenge #1 Mission Impossible	P Class Challenge #2 Castleball AM only	P Class Challenge #2 Castleball PM only	P: Student Choice #2 Outdoor

8th Grade	Movement Monday #1	P Class Challenge #1 Mission Impossible	P Class Challenge #2 Castleball	P Student Choice Indoor	P: Student Choice #2 Outdoor
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Week of 9/1/2025-9/5/2025					
CLASS	Monday	Tuesday	Wednesday	Thursday	Friday
6th Grade	No School Labor Day	Welcome! Attendance Spots Rules and Routines Safety Procedures Equipment Syllabus	A Fitness Testing Pre Day 1 Push Ups, Curl Ups, Sit and Reach Fitnessgram Assessment	A Fitness Testing Pre Day 2 PACER FitnessGram Assessment continued	P: Student Choice #1
7th Grade	No School Labor Day	Welcome! Attendance Spots Rules and Routines Safety Procedures Equipment Syllabus	A Fitness Testing Pre Day 1 Push Ups, Curl Ups, Sit and Reach Fitnessgram Assessment	A Fitness Testing Pre Day 2 PACER FitnessGram Assessment continued	P: Student Choice #1
8th Grade	No School Labor Day	Welcome! Attendance Spots Rules and Routines Safety Procedures Equipment Syllabus	A Fitness Testing Pre Day 1 Push Ups, Curl Ups, Sit and Reach Fitnessgram Assessment	A Fitness Testing Pre Day 2 PACER FitnessGram Assessment continued	P: Student Choice #1

2024-2025 School Year

Week of 6/9/2025-6/13/2025

CLASS	Monday	Tuesday	Wednesday	Thursday	Friday
6th Grade	P Student Choice #14 FB/Soc/Track/4Sq/Vb	P Student Choice #15 FB/Soc/Track/4Sq/Vb	P School Carnival FB/Soc/Track/4Sq/Vb	½ Day Last Day of School Assembly/Yearbooks	No School Teacher Workday
7th Grade	P Student Choice #14 FB/Soc/Track/4Sq/Vb	P Student Choice #15 FB/Soc/Track/4Sq/Vb	P School Carnival FB/Soc/Track/4Sq/Vb	½ Day Last Day of School Assembly/Yearbooks	No School Teacher Workday
8th Grade	P Student Choice #14 FB/Soc/Track/4Sq/Vb	P Student Choice #15 FB/Soc/Track/4Sq/Vb	P School Carnival FB/Soc/Track/4Sq/Vb	½ Day Last Day of School Assembly/Yearbooks	No School Teacher Workday

Week of 6/2/2025-6/6/2025					
CLASS	Monday	Tuesday	Wednesday	Thursday	Friday
6th Grade	P Movement Monday #15	FA Post Fitness Tests Day 1 Push ups, Curl ups, Sit and Reach	FA Post Fitness Test Day 2 PACER	P Student Choice #12 BBall/Vball	P Student Choice #13 FB/Soc/Track/4Sq/Vb Absent Makeups Due
7th Grade	P Movement Monday #15	FA Post Fitness Tests Day 1 Push ups, Curl ups, Sit and Reach	FA Post Fitness Test Day 2 PACER	P Student Choice #12 BBall/Vball	P Student Choice #13 FB/Soc/Track/4Sq/Vb Absent Makeups Due
8th Grade	P Movement Monday #15	FA Post Fitness Tests Day 1 Push ups, Curl ups, Sit and Reach	FA Post Fitness Test Day 2 PACER	P Student Choice #12 BBall/Vball	P Student Choice #13 FB/Soc/Track/4Sq/Vb Absent Makeups Due

Week of 5/26/2025-5/30/2025					
CLASS	Monday	Tuesday	Wednesday	Thursday	Friday

6th Grade	No School Memorial Day	P Student Choice #9 Outside	P Teachers Choice #3 3 Team Matball (rain)	P Student Choice #10 Football-Stadium	P Student Choice #11 FB/Soc/Track/4Sq/Vb
7th Grade	No School Memorial Day	P Student Choice #9 Outside	P Teachers Choice #3 3 Team Matball (rain)	P Student Choice #10 Football-Stadium	P Student Choice #11 FB/Soc/Track/4Sq/Vb
8th Grade	No School Memorial Day	P Student Choice #9 Outside	P Teachers Choice #3 3 Team Matball (rain)	P Student Choice #10 Football-Stadium	P Student Choice #11 FB/Soc/Track/4Sq/Vb

Week of 5/19/2025-5/23/2025					
CLASS	Monday	Tuesday	Wednesday	Thursday	Friday
6th Grade	P Student Choice #8 Basketball/Volleyball	P Football #4 Flag or Ultimate or Weightroom (rain)	P Soccer #4 3 Team r Sideline (Rain)	P Football #4 Student Choice Outside	Half Day AM P Student Choice
7th Grade	P Student Choice #8 Basketball/Volleyball	P Football #4 Flag or Ultimate or Weightroom (rain)	P Soccer #4 3 Team Sideline (Rain)	P Football #4 Student Choice Outside	Half Day AM P Student Choice
8th Grade	P Student Choice #8 Basketball/Volleyball	P Football #4 Flag or Ultimate or Weightroom (rain)	P Soccer #4 3 Team Sideline (Rain)	P Football #4 Student Choice Outside	Half Day AM P Student Choice

Week of 5/12/2025-5/16/2025					
CLASS	Monday	Tuesday	Wednesday	Thursday	Friday
6th Grade	P Movement Monday #13	P Base #3 Matball vs Lindsley's Class	P Football #3 Flag Football Game or Skills or Soccer	P Soccer #3 Outdoor Student Choice	P Fitness Friday #6

			game/skills		
7th Grade	P Movement Monday #13	P Base #3 Matball vs Lindsley's Class	P Football #3 Flag Football Game or Skills	P Soccer #3 Outdoor Student Choice	P Fitness Friday #6
8th Grade	P Movement Monday #13	P Base #3 Matball vs Lindsley's Class	P Football #3 Flag Football Game or Skills	P Soccer #3 Outdoor Student Choice	P Fitness Friday #6

Week of 5/5/2025-5/9/2025					
CLASS	Monday	Tuesday	Wednesday	Thursday	Friday
6th Grade	P Movement Monday #12	P Base Games #2 Matball vs Mr. Straka	P Soccer #2 Sideline Soccer vs Mrs. Lindsley	P Football #2 Flag Football Game vs Straka	P Fitness Friday #5
7th Grade	P Movement Monday #12	P Base Games #2 Matball vs Mr. Straka	P Soccer #2 Sideline Soccer vs Mrs. Lindsley	P Football #2 Flag Football Game vs Straka	P Fitness Friday #5
8th Grade	P Movement Monday #12	P Base Games #2 Matball vs Mr. Straka	P Soccer #2 Sideline Soccer vs Mrs. Lindsley	P Football #2 Flag Football Game vs Straka	P Fitness Friday #5

Week of 4/28/2025-5/2/2025					
CLASS	Monday	Tuesday	Wednesday	Thursday	Friday
6th Grade	P Movement Monday #11	P Football #1 Competitive Ultimate Football Non Skills	P Soccer #1 Dribbling/Lightning	P Base Games #1 Student Choice Matball/Soccer	P Fitness Friday #4
7th Grade	P Movement Monday #11	P Football #1 Competitive Ultimate Football Non Skills	P Soccer #1 Dribbling/Lightning	P Base Games #1 Student Choice Matball/Soccer	P Fitness Friday #4

8th Grade	P Movement Monday #11	P Football #1 Competitive Ultimate Football Non Skills	P Soccer #1 Dribbling/Lightning	P Base Games #1 Student Choice Matball/Soccer	P Fitness Friday #4
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Week of 4/14/2025-4/18/2025					
CLASS	Monday	Tuesday	Wednesday	Thursday	Friday
6th Grade	P Movement Monday #10	P Teachers Choice #2 Matball	P Teachers Choice #3 3 Team Castleball	P Student Choice #7 Outside Football, Soccer, Track, 4 Square	No School Spring Break
7th Grade	P Movement Monday #10	P Teachers Choice #2 Matball	P Teachers Choice #3 3 Team Castleball	P Student Choice #7 Outside Football, Soccer, Track, 4 Square	No School Spring Break
8th Grade	P Movement Monday #10	P Teachers Choice #2 Matball	P Teachers Choice #3 3 Team Castleball	P Student Choice #7 Outside Football, Soccer, Track, 4 Square	No School Spring Break

Week of 4/7/2025-4/11/2025					
CLASS	Monday	Tuesday	Wednesday	Thursday	Friday
6th Grade	P Movement Monday #9	FA Mid Fitness Testing Day 1 Pushups, Curlups, Sit/Reach Chromebooks	FA Mid Fitness Testing Day 2 PACER Chromebooks	P Student Choice #5 Matball/Basketball	P Fitness Friday #4
7th Grade	P Movement Monday #9	FA Mid Fitness Testing Day 1 Pushups, Curlups, Sit/Reach Chromebooks	FA Mid Fitness Testing Day 2 PACER Chromebooks	P Student Choice #5 Matball/Basketball	P Fitness Friday #4

8th Grade	P Movement Monday #9	FA Mid Fitness Testing Day 1 Pushups, Curlups, Sit/Reach Chromebooks	FA Mid Fitness Testing Day 2 PACER Chromebooks	P Student Choice #5 Matball/Basketball	P Fitness Friday #4
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Week of 3/31/2025-4/4/2025

CLASS	Monday	Tuesday	Wednesday	Thursday	Friday
6th Grade	P Movement Monday #8	P Castleball vs Straka End of Quarter 3	P Volleyball #2 vs Straka's Class	P Student Choice #5 Basketball/Volleyball	No School Teacher Workday
7th Grade	P Movement Monday #8	P Castleball vs Straka End of Quarter 3	P Volleyball #2 vs Straksa's Class	P Student Choice #5 Basketball/Volleyball	No School Teacher Workday
8th Grade	P Movement Monday #8	P Castleball vs Straka End of Quarter 3	P Volleyball #2 vs Straka's Class	P Student Choice #5 Basketball/Volleyball	No School Teacher Workday

Week of 3/24/2025-3/28/2025

CLASS	Monday	Tuesday	Wednesday	Thursday	Friday
6th Grade	P Movement Monday #7	P Student Choice #3 PM only AM Testing BBall/Vball/Dodgeba ll	P Volleyball #1 Spikeball	P Fitness Center #5 Stations	P Student Choice #4 AM Bball/Vball PM Outside Makeup forms due
7th Grade	P Movement Monday #7	P Student Choice #3 PM only AM Testing BBall/Vball/Dodgeba ll	P Volleyball #1 Spikeball	P Fitness Center #5 Stations	P Student Choice #4 AM Bball/Vball PM Outside Makeup forms due

8th Grade	P Movement Monday #7	P Student Choice #3 PM only AM Testing BBall/Vball/Dodgeball	P Volleyball #1 Spikeball	P Fitness Center #5 Stations	P Student Choice #4 AM Bball/Vball PM Outside Makeup forms due
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Week of 3/17/2025-3/21/2025					
CLASS	Monday	Tuesday	Wednesday	Thursday	Friday
6th Grade	P St Patty's Day Student Choice Nets/Basketball	P Pickleball #5 Playoff Tournament AM only	P Pickleball #5 Playoff Tournament PM only	P Student Choice #2 Nets/Nitroball/BBall	P Fitness Friday #3
7th Grade	P St Patty's Day Student Choice Nets/Basketball	P Badminton #5 Playoff Tournament AM only	P Badminton #5 Playoff Tournament PM only	P Student Choice #2 Nets/Nitroball/BBall	P Fitness Friday #3
8th Grade	P St Patty's Day Student Choice Nets/Basketball	P Badminton #5 Playoff Tournament AM only	P Badminton #2 Playoff Tournament PM only	P Student Choice #2 Nets/Nitroball/BBall	P Fitness Friday #3

Week of 3/10/2025-3/14/2025					
CLASS	Monday	Tuesday	Wednesday	Thursday	Friday
6th Grade	P Movement Monday #6	P Pickleball #4 8,9,10,11	P Fitness Center #4 Workout Video	P Team Handball #2 Basketball Version	No School Teacher PD
7th Grade	P Movement Monday #6	P Badminton #4 8,9,10,11	P Fitness Center #4 Workout Video	P Team Handball #2 Basketball Version	No School Teacher PD

8th Grade	P Movement Monday #6	P Badminton #4 8,9,10,11	P Fitness Center #4 Workout Video	P Team Handball #2 Basketball Version	No School Teacher PD
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Week of 3/3/2025-3/7/2025					
CLASS	Monday	Tuesday	Wednesday	Thursday	Friday
6th Grade	P Movement Monday #5	P Fitness Center #3 Upper Body Workout	P Hockey #2 Game	P Pickleball #3 Games 4,5,6,7	P Fitness Friday #2
7th Grade	P Movement Monday #5	P Fitness Center #3 Upper Body Workout	P Hockey #2 Game	P Badminton #3 Games 4,5,6,7	P Fitness Friday #2
8th Grade	P Movement Monday #5	P Fitness Center #3 Upper Body Workout	P Hockey #2 Game	P Badminton #3 Games 4,5,6,7	P Fitness Friday #2

Week of 2/24/2025-2/28/2025					
CLASS	Monday	Tuesday	Wednesday	Thursday	Friday
6th Grade	P Movement Monday #4	P Team Handball #1 Game	P Pickleball #2 Games 1,2,3	P Fitness Center #2 Stations	P Fitness Friday #1
7th Grade	P Movement Monday #4	P Team Handball #1 Game	P Badminton #2 Games 1,2,3	P Fitness Center #2 Stations	P Fitness Friday #1
8th Grade	P Movement Monday #4	P Team Handball #1 Game	P Badminton #2 Games 1,2,3	P Fitness Center #2 Stations	P Fitness Friday #1

Week of 2/17/2025-2/21/2025

CLASS	Monday	Tuesday	Wednesday	Thursday	Friday
6th Grade	P Movement Monday #3	P Pickleball #1 Skills/Pick Teams	P Hockey #1 Mini Games	P Fitness Center #1 Rules Demo Tour	No School Teachers PD
7th Grade	P Movement Monday #3	P Badminton #1 Skills/Pick Teams	P Hockey #1 Mini Games	P Fitness Center #1 Rules Demo Tour	No School Teachers PD
8th Grade	P Movement Monday #3	P Badminton #1 Skills/Pick Teams	P Hockey #1 Mini Games	P Fitness Center #1 Rules Demo Tour	No School Teachers PD

Week of 2/10/2025-2/14/2025

CLASS	Monday	Tuesday	Wednesday	Thursday	Friday
6th Grade	P Movement Monday #2	P Class Challenge #4 Castleball	No School Snow Day	P Class Challenge #5 Sports Skills Relay	P Class Challenge #6 Tug of War
7th Grade	P Movement Monday #2	P Class Challenge #4 Castleball	No School Snow Day	P Class Challenge #5 Sports Skills Relay	P Class Challenge #6 Tug of War
8th Grade	P Movement Monday #2	P Class Challenge #4 Castleball	No School Snow Day	P Class Challenge #5 Sports Skills Relay	P Class Challenge #6 Tug of War

Week of 2/3/2025-2/7/2025

CLASS	Monday	Tuesday	Wednesday	Thursday	Friday
6th Grade	P Movement Monday #1 6th Grade Boys Family Life w/Nurse	P Class Challenge #1 Mission Impossible	P Student Choice Vball/Bball 6th Grade Girls Family Life	P Class Challenge #2 Memory Relay	P Class Challenge #3 Tic Tac Toe Relay
7th Grade	P Movement Monday #1	P Class Challenge #1 Mission Impossible	Family Life with Nurse	P Class Challenge #2 Memory Relay	P Class Challenge #3 Tic Tac Toe Relay
8th Grade	P Movement Monday #1	P Class Challenge #1 Mission Impossible	P Student Choice Bball/Vball	P Class Challenge #2 Memory Relay	P Class Challenge #3 Tic Tac Toe Relay

Week of 1/27/2025-1/31/2025

CLASS	Monday	Tuesday	Wednesday	Thursday	Friday
6th Grade	Welcome! Attendance Spots Rules and Routines Safety Procedures Equipment Syllabus	A Fitness Testing Pre Day 1 Push Ups, Curl Ups, Sit and Reach	A Fitness Testing Pre Day 2 PACER	P Teachers Choice #1 Castlebal	P Student Choice #1 Dball/Bball/Vball Pep Assembly-PM
7th Grade	Welcome! Attendance Spots Rules and Routines Safety Procedures Equipment Syllabus	A Fitness Testing Pre Day 1 Push Ups, Curl Ups, Sit and Reach	A Fitness Testing Pre Day 2 PACER	P Teachers Choice #1 Castlebal	P Student Choice #1 Dball/Bball/Vball Pep Assembly-PM
8th Grade	Welcome! Attendance Spots Rules and Routines Safety Procedures	A Fitness Testing Pre Day 1 Push Ups, Curl Ups, Sit and Reach	A Fitness Testing Pre Day 2 PACER	P Teachers Choice #1 Castlebal	P Student Choice #1 Dball/Bball/Vball Pep Assembly-PM

Week of 1/20/2025-1/24/2025

CLASS	Monday	Tuesday	Wednesday	Thursday	Friday
6th Grade	No School MLK Jr Day	No School Cold Day	FA Post Fitness Test Day 2 PACER	FA Post Fitness Test Day 1 Push Ups/Curl Ups/Sit Reach	No School Teacher Workday
7th Grade	No School MLK Jr Day	No School Cold Day	FA Post Fitness Test Day 2 PACER	FA Post Fitness Test Day 1 Push Ups/Curl Ups/Sit Reach	No School Teacher Workday
8th Grade	No School MLK Jr Day	No School Cold Day	FA Post Fitness Test Day 2 PACER	FA Post Fitness Test Day 1 Push Ups/Curl Ups/Sit Reach	No School Teacher Workday

Week of 1/13/2025-1/17/2025

CLASS	Monday	Tuesday	Wednesday	Thursday	Friday
6th Grade	Movement Monday #14	P Student Choice #10 Nitroball/Bball	P Pickleball #5 Playoffs	P Student Choice #11 Dodgeball/Vball/Bball	P Fitness Friday #10
7th Grade	Movement Monday #14	P Student Choice #10 Nitroball/Bball	P Badminton #5 Playoffs	P Student Choice #11 Dodgeball/Vball/Bball	P Fitness Friday #10
8th Grade	Movement Monday #14	Student Choice #10 Nitroball/Bball	P Badminton #5 Playoffs	P Student Choice #11 Dodgeball/Vball/Bball	P Fitness Friday #10

Week of 1/6/2025-1/10/2025

CLASS	Monday	Tuesday	Wednesday	Thursday	Friday
6th Grade	6th Grade Boys Family Life 6th grade Girls Student Choice	P Badminton #4 Games 7,8,9	P Boys Team Handball #2 Basketball version 6th Grade Girls Family Life	P Fitness Center #6 Stations	P Fitness Friday #9
7th Grade	Family Life-All	P Pickleball #4 Games 7,8,9	P Team Handball #2 Basketball version	P Fitness Center #6 Stations	P Fitness Friday #9
8th Grade	P Student Choice Bball/Vball	P Pickleball #4 Games 7,8,9	P Team Handball #2 Basketball version	P Fitness Center #6 Stations	P Fitness Friday #9

Week of 12/16/2024-12/20/2024

CLASS	Monday	Tuesday	Wednesday	Thursday	Friday
6th Grade	P Student Choice #8 Bball/Vball	P Fitness Center #5 Stations	P Pickleball #3 Games 4,5,6	P Hockey #2 Game	P Student Choice #9 Nets/Bball/Vball
7th Grade	P Student Choice #8 Bball/Vball	P Fitness Center #5 Stations	P Badminton #3 Games 4,5,6	P Hockey #2 Game	P Student Choice #9 Nets/Bball/Vball
8th Grade	P Student Choice #8 Bball/Vball	P Fitness Center #5 Stations	P Badminton #3 Games 4,5,6	P Hockey #2 Game	P Student Choice #9 Nets/Bball/Vball

Week of 12/9/2024-12/13/2024

CLASS	Monday	Tuesday	Wednesday	Thursday	Friday
6th Grade	Movement Monday #13	P Team Handball #1 Game	P Fitness Center #5 Lower Body Video	P Pickleball #2 Games 1,2,3	No School Teacher Professional Development
7th Grade	Movement Monday #13	P Team Handball #1 Game	P Fitness Center #5 Lower Body Video	P Badminton #2 Games 1,2,3	No School Teacher Professional Development
8th Grade	Movement Monday #13	P Team Handball #1 Game	P Fitness Center #5 Lower Body Video	P Badminton #2 Games 1,2,3	No School Teacher Professional Development

Week of 12/2/2024-12/6/2024

CLASS	Monday	Tuesday	Wednesday	Thursday	Friday
6th Grade	Movement Monday #12	P Pickleball #1 Pick Teams/Skills	P Hockey #1 Mini Games	P Fitness Center #4 Upper Body Workout	P Fitness Friday #8
7th Grade	Movement Monday #12	P Badminton #1 Pick Teams/Skills	P Hockey #1 Mini Games	P Fitness Center #4 Upper Body Workout	P Fitness Friday #8
8th Grade	Movement Monday #12	P Badminton #1 Pick Teams/Skills	P Hockey #1 Mini Games	P Fitness Center #4 Upper Body Workout	P Fitness Friday #8

Week of 11/25/2024-11/29/2024

CLASS	Monday	Tuesday	Wednesday	Thursday	Friday
6th Grade	P Student Choice #6 Bball/Vball	P Student Choice #7 AM-BBball/Vball PM-Bball/Vball/DBall	No School Thanksgiving Break	No School Thanksgiving Break	No School Thanksgiving Break

7th Grade	P Student Choice #6 Bball/Vball	P Student Choice #7 AM-BBall/Vball PM-Bball/Vball/DBall	No School Thanksgiving Break	No School Thanksgiving Break	No School Thanksgiving Break
8th Grade	P Student Choice #6 Bball/Vball	P Student Choice #7 AM-BBall/Vball PM-Bball/Vball/DBall	No School Thanksgiving Break	No School Thanksgiving Break	No School Thanksgiving Break

Week of 11/18/2024-11/22/2024					
CLASS	Monday	Tuesday	Wednesday	Thursday	Friday
6th Grade	Movement Monday #11	P Volleyball #3 Game 2	P Basketball #3 Game 3	P Fitness Center #3 Stations	P Fitness Friday #7
7th Grade	Movement Monday #11	P Volleyball #3 Game 2	P Basketball #3 Game 3	P Fitness Center #3 Stations	P Fitness Friday #7
8th Grade	Movement Monday #11	P Volleyball #3 Game 2	P Basketball #3 Game 3	P Fitness Center #3 Stations	P Fitness Friday #7

Week of 11/11/2024-11/15/2024					
CLASS	Monday	Tuesday	Wednesday	Thursday	Friday
6th Grade	Movement Monday #10	P Fitness Center #2 Stations	P Volleyball #2 Pick Teams/ Game 1	P Basketball #2 Pick Teams/ Game 1	Pep Assembly Student Choice #5
7th Grade	Movement Monday #10	P Fitness Center #2 Stations	P Volleyball #2 Pick Teams/ Game 1	P Basketball #2 Pick Teams/ Game 1	Pep Assembly Student Choice #5
8th Grade	Movement Monday #10	P Fitness Center #2 Stations	P Volleyball #2 Pick Teams/ Game 1	P Basketball #2 Pick Teams/ Game 1	Pep Assembly Student Choice #5

Week of 11/4/2024-11/8/2024

CLASS	Monday	Tuesday	Wednesday	Thursday	Friday
6th Grade	Movement Monday #9 End 1st Quarter	P Basketball #1 Skills	P Fitness Center #1 Rules/Tour/Workout Conferences	P Volleyball #1 Spikeball Conferences	No School Teacher Workday
7th Grade	Movement Monday #9 End 1st Quarter	P Basketball #1 Skills	P Fitness Center #1 Rules/Tour/Workout Conferences	P Volleyball #1 Spikeball Conferences	No School Teacher Workday
8th Grade	Movement Monday #9 End 1st Quarter	P Basketball #1 Skills	P Fitness Center #1 Rules/Tour/Workout Conferences	P Volleyball #1 Spikeball Conferences	No School Teacher Workday

Week of 10/28/2024-11/1/2024

CLASS	Monday	Tuesday	Wednesday	Thursday	Friday
6th Grade	Movement Monday #8	A Mid Fitness Test Day 1 Push Ups Curl Ups Sit and Reach	A Mid Fitness Test Day 2 PACER	P Student Choice #4 Matball/Vball PE Makeup forms due	No School Teacher Professional Development
7th Grade	Movement Monday #8	A Mid Fitness Test Day 1 Push Ups Curl Ups Sit and Reach	A Mid Fitness Test Day 2 PACER	P Student Choice #4 Matball/Vball PE Makeup forms due	No School Teacher Professional Development
8th Grade	Movement Monday #8	A Mid Fitness Test Day 1 Push Ups Curl Ups Sit and Reach	A Mid Fitness Test Day 2 PACER	P Student Choice #4 Matball/Vball PE Makeup forms due	No School Teacher Professional Development

Week of 10/21/2024-10/25/2024

CLASS	Monday	Tuesday	Wednesday	Thursday	Friday
6th Grade	Movement Monday #7	P Teacher Choice #2 3 Team Matball	P Teacher Choice #3 3 Team Soccer	P Student Choice #3	P: Career Day AM Student Choice PM
7th Grade	Movement Monday #7	P Teacher Choice #2 3 Team Matball	P Teacher Choice #3 3 Team Soccer	P Student Choice #3	P: Career Day AM Student Choice PM
8th Grade	Movement Monday #7	P Teacher Choice #2 3 Team Matball	P Teacher Choice #3 3 Team Soccer	P Student Choice #3	P: Career Day AM Student Choice PM

Week of 10/14/2024-10/18/2024

CLASS	Monday	Tuesday	Wednesday	Thursday	Friday
6th Grade	Movement Monday #6	P Teacher Choice #1 Castleball	P Base Games #3 All Run Softball	P Football #4 Flag Football/Skills/Track	P: Fitness Friday #6
7th Grade	Movement Monday #6	P Teacher Choice #1 Castleball	P Base Games #3 All Run Softball	P Football #4 Flag Football/Skills/Track	P: Fitness Friday #6
8th Grade	Movement Monday #6	P Teacher Choice #1 Castleball	P Base Games #3 All Run Softball	P Football #4 Flag Football/Skills/Track	P: Fitness Friday #6

Week of 10/7/2024-10/11/2024

CLASS	Monday	Tuesday	Wednesday	Thursday	Friday
6th Grade	Movement Monday #5	P Base Games #2 Matball vs Mr. Straka's Class	P Soccer #3 Mini Games vs Mr Straka's Class	P Football #3 Flag Football vs Mr. Straka's Class	P: Fitness Friday #5
7th Grade	Movement Monday #5	P Base Games #2 Matball vs Mr. Straka's Class	P Soccer #3 Mini Games vs Mr Straka's Class	P Football #3 Flag Football vs Mr. Straka's Class	P: Fitness Friday #5
8th Grade	Movement Monday #5	P Base Games #2 Matball vs Mr. Straka's Class	P Soccer #3 Mini Games vs Mr Straka's Class	P Football #3 Flag Football vs Mr. Straka's Class	P: Fitness Friday #5

Week of 9/30/2024-10/4/2024

CLASS	Monday	Tuesday	Wednesday	Thursday	Friday
6th Grade	Movement Monday #4	P Soccer #2 Indoor Sideline Soccer	P Base Games #1 Kickball	P Football #2 Competitive Flag or Ultimate w/Mr. Straka	P: Fitness Friday #4
7th Grade	Movement Monday #4	P Soccer #2 Indoor Sideline Soccer	P Base Games #1 Kickball	P Football #2 Competitive Flag or Ultimate w/Mr. Straka	P: Fitness Friday #4
8th Grade	Movement Monday #4	P Soccer #2 Indoor Sideline Soccer	P Base Games #1 Kickball	P Football #2 Competitive Flag or Ultimate w/Mr. Straka	P: Fitness Friday #4

Week of 9/23/2024-9/27/2024

CLASS	Monday	Tuesday	Wednesday	Thursday	Friday
6th Grade	Movement Monday #3	P Student Choice #2 BBall/Vball/Matball	P Soccer #1 Dribbling/Lightning	P Football #1 Competitive Ultimate Football Non Skills	P: Fitness Friday #3

7th Grade	Movement Monday #3	P Student Choice #2 BBall/Vball/Matball	P Soccer #1 Dribbling/Lightning	P Football #1 Competitive Ultimate Football Non Skills	P: Fitness Friday #3
8th Grade	Movement Monday #3	P Student Choice #2 BBall/Vball/Matball	P Soccer #1 Dribbling/Lightning	P Football #1 Competitive Ultimate Football Non Skills	P: Fitness Friday #3

Week of 9/16/2024-9/19/2024					
CLASS	Monday	Tuesday	Wednesday	Thursday	Friday
6th Grade	Movement Monday #2	P Class Challenge #4 Castleball	P Class Challenge #5 Sports Skills Relay	P Class Challenge #6 Tug of War	P: Fitness Friday #2
7th Grade	Movement Monday #2	P Class Challenge #4 Castleball	P Class Challenge #5 Sports Skills Relay	P Class Challenge #6 Tug of War	P: Fitness Friday #2
8th Grade	Movement Monday #2	P Class Challenge #4 Castleball	P Class Challenge #5 Sports Skills Relay	P Class Challenge #6 Tug of War	P: Fitness Friday #2

Week of 9/9/2024-9/13/2024					
CLASS	Monday	Tuesday	Wednesday	Thursday	Friday
6th Grade	Movement Monday #1	P Class Challenge #1 Mission Impossible	P Class Challenge #2 Tic Tac Toe Relay	P Class Challenge #3 Memory Relay	P: Fitness Friday #1
7th Grade	Movement Monday #1	P Class Challenge #1 Mission Impossible	P Class Challenge #2 Tic Tac Toe Relay	P Class Challenge #3 Memory Relay	P: Fitness Friday #1
8th Grade	Movement Monday #1	P Class Challenge #1 Mission Impossible	P Class Challenge #2 Tic Tac Toe Relay	P Class Challenge #3 Memory Relay	P: Fitness Friday #1

Week of 9/2/2024-9/6/2024

CLASS	Monday	Tuesday	Wednesday	Thursday	Friday
6th Grade	No School Labor Day	Welcome! Attendance Spots Rules and Routines Safety Procedures Equipment Syllabus	A Fitness Testing Pre Day 1 Push Ups, Curl Ups, Sit and Reach FitnessGram CER Writing	A Fitness Testing Pre Day 2 PACER FitnessGram CER Writing continued	P: Student Choice #1
7th Grade	No School Labor Day	Welcome! Attendance Spots Rules and Routines Safety Procedures Equipment Syllabus	A Fitness Testing Pre Day 1 Push Ups, Curl Ups, Sit and Reach FitnessGram CER Writing	A Fitness Testing Pre Day 2 PACER FitnessGram CER Writing continued	P: Student Choice #1
8th Grade	No School Labor Day	Welcome! Attendance Spots Rules and Routines Safety Procedures Equipment Syllabus	A Fitness Testing Pre Day 1 Push Ups, Curl Ups, Sit and Reach FitnessGram CER Writing	A Fitness Testing Pre Day 2 PACER FitnessGram CER Writing continued	P: Student Choice #1

2023-2024 School Year

Week of 6/10/2024-6/14/2024

CLASS	Monday	Tuesday	Wednesday	Thursday	Friday
6th Grade	P Student Choice #13 Outdoor	P Student Choice #14/Carnival	Basketball Game	No School End of School Year	No School End of School Year

7th Grade	P Student Choice #13 Outdoor	P Student Choice #14/Carnival	Basketball Game	No School End of School Year	No School End of School Year
8th Grade	P Student Choice #13 Outdoor	P Student Choice #14 /Carnival	Basketball Game	No School End of School Year	No School End of School Year

Week of 6/3/2024-6/7/2024					
CLASS	Monday	Tuesday	Wednesday	Thursday	Friday
6th Grade	Movement Monday #17	P Student Choice #10 Football/Walk Track	P Student Choice #11 Kickball/Walk Track	P Student Choice #11 Outdoor Student Choice	P Student Choice #12 Badminton/Nitroball Absent Makeups Due by Advisory
7th Grade	Movement Monday #17	P Student Choice #10 Football/Walk Track	P Student Choice #11 Kickball/Walk Track	P Student Choice #11 Outdoor Student Choice	P Student Choice #12 Badminton/Nitroball Absent Makeups Due by Advisory
8th Grade	Movement Monday #17	P Student Choice #10 Football/Walk Track	P Student Choice #11 Kickball/Walk Track	P Student Choice #11 Outdoor Student Choice	P Student Choice #12 Badminton/Nitroball Absent Makeups Due by Advisory

Week of 5/27/2024-5/31/2024					
CLASS	Monday	Tuesday	Wednesday	Thursday	Friday
6th Grade	No School Memorial Day	SA Post Fitness Tests Day 1 Push ups Curls ups Sit and Reach	SA Post Fitness Test Day 1 PACER Turn in Fitnessgram Assessment sheet when done	P Student Choice #8 Outdoor	P Student Choice #9 Indoor Vball/BBall

7th Grade	No School Memorial Day	SA Post Fitness Tests Day 1 Push ups Curls ups Sit and Reach	SA Post Fitness Test Day 1 PACER Turn in Fitnessgram Assessment sheet when done	P Student Choice #8 Outdoor	P Student Choice #9 Indoor Vball/BBall
8th Grade	No School Memorial Day	SA Post Fitness Tests Day 1 Push ups Curls ups Sit and Reach	SA Post Fitness Test Day 1 PACER Turn in Fitnessgram Assessment sheet when done	P Student Choice #8 Outdoor	P Student Choice #9 Indoor Vball/BBall

Week of 5/20/2024-5/24/2024					
CLASS	Monday	Tuesday	Wednesday	Thursday	Friday
6th Grade	Movement Monday #16	P Football #4 Competitive /Non Flag Game	P Soccer #4 Mini Games Game 2	P Base Games #4 Matball Students pitch	P Student Choice #6 Basketball/Volleyball ½ Day
7th Grade	Movement Monday #16	P Football #4 Competitive /Non Flag Game	P Soccer #4 Mini Games Game 2	P Base Games #4 Matball Students pitch	P Student Choice #6 Basketball/Volleyball ½ Day
8th Grade	Movement Monday #16	P Football #4 Competitive /Non Flag Game	P Soccer #4 Mini Games Game 2	P Base Games #4 Matball Students pitch	P Student Choice #6 Basketball/Volleyball ½ Day

Week of 5/13/2024-5/17/2024					
CLASS	Monday	Tuesday	Wednesday	Thursday	Friday
6th Grade	Movement Monday #15	P Student Choice #6 Matball/Bball Weather	P Football #3 All Class Flag Game (Mr D QB)	P Soccer #3 Mini Games Game 1	P Fitness Friday #11

7th Grade	Movement Monday #15	P Student Choice #6 Matball/Bball	P Football #3 All Class Flag Game (Mr D QB)	P Soccer #3 Mini Games	P Fitness Friday #11
8th Grade	Movement Monday #15	P Student Choice #6 Matball/Bball	P Football #3 All Class Flag Game (Mr D QB)	P Soccer #3 Mini Games	P Fitness Friday #11

Week of 5/6/2024-5/10/2024

CLASS	Monday	Tuesday	Wednesday	Thursday	Friday
6th Grade	Movement Monday #14	P Soccer #2 Indoor Line Soccer	P Football #2 Competitive/Ultimate Flag Game	P Base Games #2 3 Team Castleball	P Fitness Friday #10
7th Grade	Movement Monday #14	P Soccer #2 Indoor Line Soccer	P Football #2 Competitive/Ultimate Flag Game	P Base Games #2 3 Team Castleball	P Fitness Friday #10
8th Grade	Movement Monday #14	P Soccer #2 Indoor Line Soccer	P Football #2 Competitive/Ultimate Flag Game	P Base Games #2 3 Team Castleball Weather	P Fitness Friday #10

Week of 4/29/2024-5/3/2024

CLASS	Monday	Tuesday	Wednesday	Thursday	Friday
6th Grade	Movement Monday #13	P Football #1 Ultimate	P Soccer #1 Skill Game Lightning	P Base Games #1 Matball	P Fitness Friday #9
7th Grade	Movement Monday #13	P Football #1 Ultimate	P Soccer #1 Skill Game Lightning	P Base Games #1 Matball	P Fitness Friday #9
8th Grade	Movement Monday #13	P Football #1 Ultimate	P Soccer #1 Skill Game Lightning	P Base Games #1 Matball	P Fitness Friday #9

Week of 4/22/2024-4/26/2024

CLASS	Monday	Tuesday	Wednesday	Thursday	Friday
6th Grade	Movement Monday #12	P Volleyball #3 Game 3/Playoff	P Fitness Center #7 Stations	P Basketball #3 Game 3/Playoff	P Student Choice #5 Matball/Soccer Pep Assembly
7th Grade	Movement Monday #12	P Volleyball #3 Game 3/Playoff	P Fitness Center #7 Stations	P Basketball #3 Game 3/Playoff	P Student Choice #5 Matball/Soccer Pep Assembly
8th Grade	Movement Monday #12	P Volleyball #3 Game 3/Playoff	P Fitness Center #7 Stations	P Basketball #3 Game 3/Playoff	P Student Choice #5 Matball/Soccer Pep Assembly

Week of 4/15/2024-4/19/2024

CLASS	Monday	Tuesday	Wednesday	Thursday	Friday
6th Grade	Movement Monday #11	P Volleyball #2 Pick Teams/Game 1/2	P Basketball #2 Pick Teams/Game 1/2	P Student Choice #4 Basketball/Vball Rain	P Fitness Friday #8
7th Grade	Movement Monday #11	P Volleyball #2 Pick Teams/Game 1/2	P Basketball #2 Pick Teams/Game 1/2	P Student Choice #4 Basketball/Vball Rain	P Fitness Friday #8
8th Grade	Movement Monday #11	P Volleyball #2 Pick Teams/Game 1/2	P Basketball #2 Pick Teams/Game 1/2	P Student Choice #4 Basketball/Vball Rain	P Fitness Friday #8

Week of 4/8/2024-4/12/2024

CLASS	Monday	Tuesday	Wednesday	Thursday	Friday
6th Grade	Movement Monday #10	P Fitness Center #6 Stations	P Volleyball #1 Spikeball	P Basketball #1 Skill Games	P Fitness Friday #7
7th Grade	Movement Monday #10	P Fitness Center #6 Stations	P Volleyball #1 Spikeball	P Basketball #1 Skill Games	P Fitness Friday #7
8th Grade	Movement Monday #10	P Fitness Center #6 Stations	P Volleyball #1 Spikeball	P Basketball #1 Skill Games	P Fitness Friday #7

Week of 3/25/2024-3/29/2024					
CLASS	Monday	Tuesday	Wednesday	Thursday	Friday
6th Grade	Movement Monday #9	P Teachers' Choice #4 Omnikin Tag	P Student Choice #3 Matball/Basketball Absent Makeups Due	No School Teacher Workday	No School Spring Break
7th Grade	Movement Monday #9	P Teachers' Choice #4 Omnikin Tag	P Student Choice #3 Matball/Basketball Absent Makeups Due	No School Teacher Workday	No School Spring Break
8th Grade	Movement Monday #9	P Teachers' Choice #4 Ominikin Tag	P Student Choice #3 Matball/Basketball Absent Makeups Due	No School Teacher Workday	No School Spring Break

Week of 3/18/2024-3/22/2024					
CLASS	Monday	Tuesday	Wednesday	Thursday	Friday
6th Grade	Movement Monday #8	A Mid Fitness Testing Day 1 Push Ups Curls Ups Sit and Reach	A Mid Fitness Testing Day 2 PACER Test	P Teachers Choice #3 Volleyball (w/nets)/Basketball	P Fitness Friday #6

7th Grade	Movement Monday #8	A Mid Fitness Testing Day 1 Push Ups Curls Ups Sit and Reach	A Mid Fitness Testing Day 2 PACER Test	P Teachers Choice #3 Volleyball (w/nets)/Basketball	P Fitness Friday #6
8th Grade	Movement Monday #8	A Mid Fitness Testing Day 1 Push Ups Curls Ups Sit and Reach	A Mid Fitness Testing Day 2 PACER Test	P Teachers Choice #3 Volleyball (w/nets)/Basketball	P Fitness Friday #6

Week of 3/11/2024-3/15/2024					
CLASS	Monday	Tuesday	Wednesday	Thursday	Friday
6th Grade	Movement Monday #7	P Pickleball #5 Playoffs	P Fitness Center #5 Class Vote Weightroom or Outside Stud. choice	P Student Choice #2 Badminton Nitroball Basketball	No School
7th Grade	Movement Monday #7	P Badminton #5 Playoffs	P Fitness Center #5 Class Vote Weightroom or Outside Stud. choicey	P Student Choice #2 Badminton Nitroball Basketball	No School
8th Grade	Movement Monday #7	P Badminton #5 Playoffs	P Fitness Center #5 Class Vote Weightroom or Outside Stud. choice	P Student Choice #2 Badminton Nitroball Basketball	No School

Week of 3/4/2024-3/08/2024					
CLASS	Monday	Tuesday	Wednesday	Thursday	Friday
6th Grade	Movement Monday #6	P Team Handball #2 Basketball version	P Pickleball #4 Games 7,8,9	P Fitness Center #4 Stations	P Fitness Friday #5
7th Grade	Movement Monday #6	P Team Handball #2 Basketball version	P Badminton #4 Games 7,8,9	P Fitness Center #4 Stations	P Fitness Friday #5

8th Grade	Movement Monday #6	P Team Handball #2 Basketball version	P Badminton #4 Games 7,8,9	P Fitness Center #4 Stations	P Fitness Friday #5
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Week of 2/26/2024-3/01/2024					
CLASS	Monday	Tuesday	Wednesday	Thursday	Friday
6th Grade	Movement Monday #5	P Fitness Center #3 Outdoor Kickball Game	P Hockey #1 Mini Games	P Teachers Choice #2 Mission Impossible	P Fitness Friday #4
7th Grade	Movement Monday #5	P Fitness Center #3 Outdoor Kickball Game	P Hockey #1 Mini Games	P Teachers Choice #2 Mission Impossible	P Fitness Friday #4
8th Grade	Movement Monday #5	P Fitness Center #3 Outdoor Kickball Game	P Hockey #2 Coed Mixed Games	P Teachers Choice #2 Mission Impossible	P Fitness Friday #4

Week of 2/19/2024-2/23/2024					
CLASS	Monday	Tuesday	Wednesday	Thursday	Friday
6th Grade	Movement Monday #4	P Pickleball #2 Games 1, 2, 3	P Fitness Center #2 Outside Free Choice	P Team Handball #1 Game	P Fitness Friday #3
7th Grade	Movement Monday #4	P Badminton #2 Games 1, 2, 3	P Fitness Center #2 Outside Free Choice	P Team Handball #1 Game	P Fitness Friday #3
8th Grade	Movement Monday #4	P Badminton #2 Games 1, 2, 3	P Fitness Center #2 Outside Free Choice	P Team Handball #1 Game	P Fitness Friday #3

Week of 2/12/2024-2/16/2024					
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CLASS	Monday	Tuesday	Wednesday	Thursday	Friday
6th Grade	Movement Monday #3 Family Life Boys	Family Life Girls Boys-Hockey Conferences	P Pickleball #1 Skills and Pick Teams	P Fitness Center #1 Rules/Tour/Workout Conferences	No School Students
7th Grade	Movement Monday #3	Family Life-All Conferences	P Badminton #1 Skills and Pick Teams	P Fitness Center #1 Rules/Tour/Workout Conferences	No School Students
8th Grade	Movement Monday #3	P Hockey #1 Mini Games Conferences	P Badminton #1 Skills and Pick Teams	P Fitness Center #1 Rules/Tour/Workout Conferences	No School Students

Week of 2/5/2024-2/9/2024					
CLASS	Monday	Tuesday	Wednesday	Thursday	Friday
6th Grade	Movement Monday #2	A Fitness Testing Pre Day 1 Push Ups, Curl Ups, FitnessGram CER Writing Chromebooks!	A Fitness Testing Pre Day 2 PACER FitnessGram CER Writing continued Chromebooks!	P: Teachers Choice #1 3 Team Handball	P: Fitness Friday #2
7th Grade	Movement Monday #2	A Fitness Testing Pre Day 1 Push Ups, Curl Ups, FitnessGram CER Writing Chromebooks!	A Fitness Testing Pre Day 2 PACER FitnessGram CER Writing continued Chromebooks!	P: Teachers Choice #1 3 Team Handball	P: Fitness Friday #2
8th Grade	Movement Monday #2	A Fitness Testing Pre Day 1 Push Ups, Curl Ups, FitnessGram CER Writing Chromebooks!	A Fitness Testing Pre Day 2 PACER FitnessGram CER Writing continued Chromebooks!	P: Teachers Choice #1 3 Team Handball	P: Fitness Friday #2

Week of 1/29/2024-2/2/2024

CLASS	Monday	Tuesday	Wednesday	Thursday	Friday
6th Grade	Movement Monday #1	P Class Challenge #4 Castleball	P Class Challenge #5 Sports Relay	P Class Challenge #6 Tug of War	Pep Assembly Student Choice #1 Basketball/Vball
7th Grade	Movement Monday #1	P Class Challenge #4 Castleball	P Class Challenge #5 Sports Relay	P Class Challenge #6 Tug of War	Pep Assembly Student Choice #1 Basketball/Vball
8th Grade	Movement Monday #1	P Class Challenge #4 Castleball	P Class Challenge #5 Sports Relay	P Class Challenge #6 Tug of War	Pep Assembly Student Choice #1 Basketball/Vball

Week of 1/22/2024-1/26/2024

CLASS	Monday	Tuesday	Wednesday	Thursday	Friday
6th Grade	Welcome! Attendance Spots Rules and Routines Safety Procedures Equipment Syllabus	P Class Challenge #1 Mission Impossible	P Class Challenge #2 Tic Tac Toe Relay	P Class Challenge #3 Memory Relay	P Fitness Friday #1
7th Grade	Welcome! Attendance Spots Rules and Routines Safety Procedures Equipment Syllabus	P Class Challenge #1 Mission Impossible	P Class Challenge #2 Tic Tac Toe Relay	P Class Challenge #3 Memory Relay	P Fitness Friday #1
8th Grade	Welcome! Attendance Spots Rules and Routines Safety Procedures Equipment	P Class Challenge #1 Mission Impossible	P Class Challenge #2 Tic Tac Toe Relay	P Class Challenge #3 Memory Relay	P Fitness Friday #1

Week of 1/15/2024-1/19/2024

CLASS	Monday	Tuesday	Wednesday	Thursday	Friday
6th Grade	No School MLK Day	P Students Choice #9	SA Post Fitness Test Day 1 PACER	SA Post Fitness Tests Day 1 Push ups Curls ups Sit and Reach End of 1st Semester	NO School Teacher Workday
7th Grade	No School MLK Day	P Students Choice #9	SA Post Fitness Test Day 1 PACER	SA Post Fitness Tests Day 1 Push ups Curls ups Sit and Reach End of 1st Semester	NO School Teacher Workday
8th Grade	No School MLK Day	P Student Choice #9	SA Post Fitness Test Day 1 PACER	SA Post Fitness Tests Day 1 Push ups Curls ups Sit and Reach End of 1st Semester	NO School Teacher Workday

Week of 1/8/2024-1/12/2024

CLASS7	Monday	Tuesday	Wednesday	Thursday	Friday
6th Grade	Movement Monday #16	P Team Handball #2 Basketball Version	P Pickleball #3 Playoffs	P Fitness Center #5 Stations	P Fitness Friday #9
7th Grade	Movement Monday #16	P Team Handball #2 Basketball Version	P Badminton #3 Playoffs	P Fitness Center #5 Stations	P Fitness Friday #9
8th Grade	Movement Monday #16	P Team Handball #2 Basketball Version	P Badminton #4 Playoffs	P Fitness Center #5 Stations	P Fitness Friday #9

Week of 1/1/2024-1/5/2024

CLASS	Monday	Tuesday	Wednesday	Thursday	Friday
6th Grade	NO School Winter Break	NO School Winter Break	P Student Choice #8 Badminton/Vball/ Basketbal	P Teacher Choice #6 3 Team Castleball	P Fitness Friday #8
7th Grade	NO School Winter Break	NO School Winter Break	P Student Choice #8 Badminton/Vball/ Basketbal	P Teacher Choice #6 3 Team Castleball	P Fitness Friday #8

8th Grade	NO School Winter Break	NO School Winter Break	P Student Choice #8 Badminton/Vball/ Basketbal	P Teacher Choice #6 3 Team Castleball	P Fitness Friday #8
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Week of 12/18/2023-12/22/2023

CLASS	Monday	Tuesday	Wednesday	Thursday	Friday
6th Grade	Movement Monday #15	P Teacher Choice #5 3 Team Handball	P Student Choice #7 Badminton/Vball/ Basketball	NO School Winter Break	NO School Winter Break
7th Grade	Movement Monday #15	P Teacher Choice #5 3 Team Handball	P Student Choice #7 Badminton/Vball/ Basketball	NO School Winter Break	NO School Winter Break
8th Grade	Movement Monday #15	P Teacher Choice #5 3 Team Handball	P Student Choice #7 Badminton/Vball/ Basketball	NO School Winter Break	NO School Winter Break

Week of 12/11/2023-12/15/2023

CLASS	Monday	Tuesday	Wednesday	Thursday	Friday
6th Grade	Movement Monday #14 Family Life Girls with Nurse	Family Life Boys with Nurse Girls with Mrs. Lindsley/Ms. Ames	P Fitness Center #4 All Body Workout Video	P Hockey #2 Game	Teacher Workday NO School
7th Grade	Movement Monday #14	Family Life with Nurse	P Fitness Center #4 All Body Workout Video	P Hockey #2 Game	Teacher Workday NO School
8th Grade	Movement Monday #14	P Badminton #3 Games 4, 5, 6	P Fitness Center #4 All Body Workout Video	P Hockey #2 Game	Teacher Workday NO School

Week of 12/4/2023-12/08/2023

CLASS	Monday	Tuesday	Wednesday	Thursday	Friday
6th Grade	Movement Monday #13	P Pickleball #2 Game 1, 2, 3	Fitness Center #3 Upper Body Workout	P Team Handball #1 Game	P: Fitness Friday #7
7th Grade	Movement Monday #13	P Badminton #2 Game 1,2, 3	Fitness Center #3 Upper Body Workout	P Team Handball #1 Game	P: Fitness Friday #7
8th Grade	Movement Monday #13	P Badminton #2 Game 1,2, 3	Fitness Center #3 Upper Body Workout	P Team Handball #1 Game	P: Fitness Friday #7

Week of 11/27/2023-12/01/2023

CLASS	Monday	Tuesday	Wednesday	Thursday	Friday
6th Grade	Movement Monday #12	P Hockey #1 Mini Games	P Pickleball #1 Skills/Pick Teams/Practice	Fitness Center #2 Stations	P: Fitness Friday #6

7th Grade	Movement Monday #12	P Hockey #1 Mini Games	P Badminton #1 Skills/Pick Teams/Practice	Fitness Center #2 Stations	P: Fitness Friday #6
8th Grade	Movement Monday #12	P Hockey #1 Mini Games	P Badminton #1 Skills/Pick Teams/Practice	Fitness Center #2 Stations	P: Fitness Friday #6

Week of 11/20/2023-11/24/2023					
CLASS	Monday	Tuesday	Wednesday	Thursday	Friday
6th Grade	Movement Monday #11	P Student Choice #6	No School Thanksgiving Recess	No School Thanksgiving Recess	No School Thanksgiving Recess
7th Grade	Movement Monday #11	P Student Choice #6	No School Thanksgiving Recess	No School Thanksgiving Recess	No School Thanksgiving Recess
8th Grade	Movement Monday #11	P Student Choice #6	No School Thanksgiving Recess	No School Thanksgiving Recess	No School Thanksgiving Recess

Week of 11/13/2023-11/17/2023					
CLASS	Monday	Tuesday	Wednesday	Thursday	Friday
6th Grade	Movement Monday #10	P Volleyball #3 Game #2/3	P Outdoor Student Choice	P Basketball #3 Game 2/3	P: Fitness Friday #5
7th Grade	Movement Monday #10	P Volleyball #3 Game #2/3	P Outdoor Student Choice	P Basketball #3 Game 2/3	P: Fitness Friday #5

8th Grade	Movement Monday #10	P Volleyball #3 Game #2/3	P Outdoor Student Choice	P Basketball #3 Game 2/3	P: Fitness Friday #5
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Week of 11/6/2023-11/10/2023					
CLASS	Monday	Tuesday	Wednesday	Thursday	Friday
6th Grade	Movement Monday #9	P Basketball #2 Pick Teams/Half Court Games	P Volleyball #2 Pick Teams/ Game 1	P Fitness Center #1 Rules/Tour/Workout	P: Fitness Friday #4 Pep Assembly PM
7th Grade	Movement Monday #9	P Basketball #2 Pick Teams/Half Court Games	P Volleyball #2 Pick Teams/Game 1	P Fitness Center #1 Rules/Tour/Workout	P: Fitness Friday #4 Pep Assembly PM
8th Grade	Movement Monday #9	P Basketball #2 Pick Teams/Half Court Games	P Volleyball #2 Pick Teams/Game 1	P Fitness Center #1 Rules/Tour/Workout	P: Fitness Friday #4 Pep Assembly PM

Week of 10/30/2023-11/3/2023					
CLASS	Monday	Tuesday	Wednesday	Thursday	Friday
6th Grade	Movement Monday #8	FA: Mid Fitness Testing Day 1 Push Ups Curl Ups Sit and Reach Bring Chromebooks	FA: Mid Fitness Testing Day 2 PACER Absent Makeup forms due Bring Chromebooks	P Teacher Choice #3 End of Quarter 1	No School Teacher Workday
7th Grade	Movement Monday #8	FA: Mid Fitness Testing Day 1 Push Ups Curl Ups Sit and Reach Bring Chromebooks	FA: Mid Fitness Testing Day 2 PACER Absent Makeup forms du Bring Chromebooks	P Teacher Choice #3 End of Quarter 1	No School Teacher Workday
8th Grade	Movement Monday #8	FA: Mid Fitness Testing Day 1 Push Ups Curl Ups Sit and Reach	FA: Mid Fitness Testing Day 2 PACER Absent Makeup	P Teacher Choice #3 End of Quarter 1	No School Teacher Workday

		Bring Chromebooks	forms due Bring Chromebooks		
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Week of 10/23/2023-10/27/2023

CLASS	Monday	Tuesday	Wednesday	Thursday	Friday
6th Grade	Movement Monday #7	P Soccer #3 Mini Games	P Volleyball #1 Spikeball	P Basketball #1 Skill Games	P: Fitness Friday #4
7th Grade	Movement Monday #7	P Soccer #3 Mini Games	P Volleyball #1 Spikeball	P Basketball #1 Skill Games	P: Fitness Friday #4
8th Grade	Movement Monday #7	P Soccer #3 Mini Games	P Volleyball #1 Spikeball	P Basketball #1 Skill Games	P: Fitness Friday #4

Week of 10/16/2023-10/20/2023

CLASS	Monday	Tuesday	Wednesday	Thursday	Friday
6th Grade	Movement Monday #6	P Football #3 Competitive/Non Flag Game	P Base #4 Matball	P Student Choice #5 Vball/Bball	Career Day/Outdoor Student Choice PM
7th Grade	Movement Monday #6	P Football #3 Competitive/Non Flag Game	P Base #4 Matball	P Student Choice #5 Vball/Bball	Career Day/Outdoor Student Choice PM
8th Grade	Movement Monday #6	P Football #3 Competitive/Non Flag Game	P Base #4 Matball	P Student Choice #5 Vball/Bball	Career Day/Outdoor Student Choice PM

Week of 10/9/2023-10/13/2023

CLASS	Monday	Tuesday	Wednesday	Thursday	Friday
6th Grade	Movement Monday #5	P Soccer #2 World Cup	P Football #2 Competitive/Non Flag Game	P Student Choice #4 Vball/Bball	No School
7th Grade	Movement Monday #5	P Soccer #2 World Cup	P Football #2 Competitive/Non Flag Game	P Student Choice #4 Vball/Bball	No School
8th Grade	Movement Monday #5	P Soccer #2 World Cup	P Football #2 Competitive/Non Flag Game	P Student Choice #4 Vball/Bball	No School

Week of 10/2/2023-10/6/2023					
CLASS	Monday	Tuesday	Wednesday	Thursday	Friday
6th Grade	Movement Monday #4	P Base #2 All Run Softball	P Soccer #1 Soccer Lightning	P Football #1 Ultimate Football	P: Fitness Friday #3
7th Grade	Movement Monday #4	P Base #2 All Run Softball	P Soccer #1 Soccer Lightning	P Football #1 Ultimate Football	P: Fitness Friday #3
8th Grade	Movement Monday #4	P Base #2 All Run Softball	P Soccer #1 Soccer Lightning	P Football #1 Ultimate Football	P: Fitness Friday #3

Week of 9/25/2023-9/29/2023					
CLASS	Monday	Tuesday	Wednesday	Thursday	Friday
6th Grade	Movement Monday #3	P Base #1 3 Team Matball	P Teachers Choice #1 Omnikin Tag	P Student Choice #3 Bball/Vball	P: Fitness Friday #2 Outdoor Student Choice

7th Grade	Movement Monday #3	P Base #1 3 Team Matball	P Teachers Choice #1 Omnikin Tag	P Student Choice #3 Bball/Vball	P: Fitness Friday #2 Outdoor Student Choice
8th Grade	Movement Monday #3	P Base #1 3 Team Matball	P Teachers Choice #1 Omnikin Tag	P Student Choice #3 Bball/Vball	P: Fitness Friday #2 Outdoor Student Choice

Week of 9/18/2023-9/22/2023					
CLASS	Monday	Tuesday	Wednesday	Thursday	Friday
6th Grade	Movement Monday #2	P Class Challenge #4 Castleball	P Class Challenge #5 Sports Relay	P: Student Choice #2 Bball/Vball	P Class Challenge #6 Tug of War
7th Grade	Movement Monday #2	P Class Challenge #4 Castleball	P Class Challenge #5 Sports Relay	P: Student Choice #2 Bball/Vball	P Class Challenge #6 Tug of War
8th Grade	Movement Monday #2	P Class Challenge #4 Castleball	P Class Challenge #5 Sports Relay	P: Student Choice #2 Bball/Vball	P Class Challenge #6 Tug of War

Week of 9/11/2023-9/15/2023					
CLASS	Monday	Tuesday	Wednesday	Thursday	Friday
6th Grade	Movement Monday #1	P Class Challenge #1 Mission Impossible	P Class Challenge #2 Tic Tac Toe Relay	P Class Challenge #3 Memory Relay	P: Fitness Friday #1
7th Grade	Movement Monday #1	P Class Challenge #1 Mission Impossible	P Class Challenge #2 Tic Tac Toe Relay	P Class Challenge #3 Memory Relay	P: Fitness Friday #1
8th Grade	Movement Monday #1	P Class Challenge #1 Mission Impossible	P Class Challenge #2 Tic Tac Toe Relay	P Class Challenge #3 Memory Relay	P: Fitness Friday #1

Week of 9/4/2023-9/8/2023

CLASS	Monday	Tuesday	Wednesday	Thursday	Friday
6th Grade	No School Labor Day	Welcome! Attendance Spots Rules and Routines Safety Procedures Equipment Syllabus	A Fitness Testing Pre Day 1 Push Ups, Curl Ups, FitnessGram CER Writing	A Fitness Testing Pre Day 2 PACER FitnessGram CER Writing continued	P: Student Choice #1
7th Grade	No School Labor Day	Welcome! Attendance Spots Rules and Routines Safety Procedures Equipment Syllabus	A Fitness Testing Pre Day 1 Push Ups, Curl Ups, FitnessGram CER Writing	A Fitness Testing Pre Day 2 PACER FitnessGram CER Writing continued	P: Student Choice #1
8th Grade	No School Labor Day	Welcome! Attendance Spots Rules and Routines Safety Procedures Equipment Syllabus	A Fitness Testing Pre Day 1 Push Ups, Curl Ups, FitnessGram CER Writing	A Fitness Testing Pre Day 2 PACER FitnessGram CER Writing continued	P: Student Choice #1

2022-2023 School Year

Week of 6/5/2022-6/9/2022

CLASS	Monday	Tuesday	Wednesday	Thursday	Friday
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6th Grade	P Student Choice #11	P Student Choice #12	P Student Choice #13	Basketball Game/Yearbooks Last Day School	No School Teacher Workday
7th Grade	P Student Choice #11	P Student Choice #12	P Student Choice #13	Basketball Game/Yearbooks	No School Teacher Workday
8th Grade	P Student Choice #11	P Student Choice #12	P Student Choice #13	Basketball Game/Yearbooks	No School Teacher Workday

Week of 5/29/2022-6/2/2022					
CLASS	Monday	Tuesday	Wednesday	Thursday	Friday
6th Grade	No School Memorial Day	P Student Choice #9	P Teachers Choice #7: 3 Team Matball	P Student Choice #10	P Teachers Choice #8
7th Grade	No School Memorial Day	P Student Choice #9	P Teachers Choice #7: 3 Team Matball	P Student Choice #10	P Teachers Choice #8
8th Grade	No School Memorial Day	P Student Choice #9	P Teachers Choice #7: 3 Team Matball	P Student Choice #10	P Teachers Choice #8

Week of 5/22/2022-5/26/2022					
CLASS	Monday	Tuesday	Wednesday	Thursday	Friday
6th Grade	P Movement Monday #15	A Post Fitness Testing Day 1: Push ups Curls ups, Sit and Reach	A Post Fitness Testing Day 2: PACER	P Teachers Choice #6	P Student Choice #8 ½ Day AM
7th Grade	P Movement Monday #15	A Post Fitness Testing Day 1: Push ups Curls	A Post Fitness Testing Day 2: PACER	P Teachers Choice #6	P Student Choice #8 ½ Day AM

		ups, Sit and Reach			
8th Grade	P Movement Monday #15	A Post Fitness Testing Day 1: Push ups Curls ups, Sit and Reach	A Post Fitness Testing Day 2: PACER	P Teachers Choice #6	P Student Choice #8 ½ Day AM

Week of 5/15/2022-5/19/2022					
CLASS	Monday	Tuesday	Wednesday	Thursday	Friday
6th Grade	P Movement Monday #14	P Soccer #3 World Cup	P Football #3 Competitive/Non Flag Game	P Base #3 Ragball	P 3 Team Castleball
7th Grade	P Movement Monday #14	P Soccer #3 World Cup	P Football #3 Competitive/Non Flag Game	P Base #3 Ragball	P 3 Team Castleball
8th Grade	P Movement Monday #14	P Soccer #3 World Cup	P Football #3 Competitive/Non Flag Game	P Base #3 Ragball	P 3 Team Castleball

Week of 5/8/2022-5/12/2022					
CLASS	Monday	Tuesday	Wednesday	Thursday	Friday
6th Grade	P Movement Monday #13	P Base Games #2 Matball vs Ames	P Soccer #2 Lightning	P Football #2 Ultimate Football	P Fitness Friday #9
7th Grade	P Movement Monday #13	P Base Games #2 Matball vs Ames	P Soccer #2 Lightning	P Football #2 Ultimate Football	P Fitness Friday #9
8th Grade	P Movement Monday #13	P Base Games #2 Matball vs Ames	P Soccer #2 Lightning	P Football #2 Ultimate Football	P Fitness Friday #9

Week of 5/1/2022-5/5/2022

CLASS	Monday	Tuesday	Wednesday	Thursday	Friday
6th Grade	P Movement Monday #12	P Fitness Center #8 Lower Body Workout	P Base Games #1 3 Team Matball	P Student Choice #6 Soccer/Football/ Walking	P Student Choice #7 Basketball/Volleyball
7th Grade	P Movement Monday #12	P Fitness Center #8 Lower Body Workout	P Base Games #1 3 Team Matball	P Student Choice #6 Soccer/Football/ Walking	P Student Choice #7 Basketball/Volleyball
8th Grade	P Movement Monday #12	P Fitness Center #8 Lower Body Workout	P Base Games #1 3 Team Matball	P Student Choice #6 Soccer/Football/ Walking	P Student Choice #7 Basketball/Volleyball

Week of 4/24/2022-4/28/2022

CLASS	Monday	Tuesday	Wednesday	Thursday	Friday
6th Grade	P Movement Monday #11	P Basketball #4 Game 3	P Student Choice #5 Bball/Vball	P Student Choice #6 Fball/Kickball Outside	P Fitness Friday #8
7th Grade	P Movement Monday #11	P Basketball #4 Game 3	P Student Choice #5 Bball/Vball	P Student Choice #6 Fball/Kickball Outside	P Fitness Friday #8
8th Grade	P Movement Monday #11	P Basketball #4 Game 3	P Student Choice #5 Bball/Vball	P Student Choice #6 Fball/Kickball Outside	P Fitness Friday #8

Week of 4/17/2022-4/21/2022

CLASS	Monday	Tuesday	Wednesday	Thursday	Friday
6th Grade	P Movement Monday #10	P Fitness Center #7 Upper Body Workout	P Volleyball #2 Game #2	P Basketball #3 Game 2	P Fitness Friday #7
7th Grade	P Movement Monday #10	P Fitness Center #7 Upper Body Workout	P Volleyball #2 Game #2	P Basketball #3 Game 2	P Fitness Friday #7
8th Grade	P Movement Monday #10	P Fitness Center #7 Upper Body Workout	P Volleyball #2 Game #2	P Basketball #3 Game 2	P Fitness Friday #7

Week of 4/3/2022-4/7/2022

CLASS	Monday	Tuesday	Wednesday	Thursday	Friday
6th Grade	P Movement Monday #9	P Volleyball #1 Pick Teams/Play Games	P Basketball #2 Pick Teams/Game 1	P Student Choice #4 Bball/Vball	No School Spring Break
7th Grade	P Movement Monday #9	P Volleyball #1 Pick Teams/Play Games	P Basketball #2 Pick Teams/Game 1	P Student Choice #4 Bball/Vball	No School Spring Break
8th Grade	P Movement Monday #9	P Volleyball #1 Pick Teams/Play Games	P Basketball #2 Pick Teams/Game 1	P Student Choice #4 Bball/Vball	No School Spring Break

Week of 3/27/2022-3/31/2022

CLASS	Monday	Tuesday	Wednesday	Thursday	Friday
6th Grade	P Movement Monday #8	P Basketball #1 Skill Games	P Student Choice #3 Volleyball/Basketball	P Fitness Center #6 Cardio/Weights Stations	P Fitness Friday #6

7th Grade	P Movement Monday #8	P Basketball #1 Skill Games	P Student Choice #3 Volleyball/Basketball	P Fitness Center #6 Cardio/Weights Stations	P Fitness Friday #6
8th Grade	P Movement Monday #8	P Basketball #1 Skill Games	P Student Choice #3 Volleyball/Basketball	P Fitness Center #6 Cardio/Weights Stations	P Fitness Friday #6

Week of 3/20/2022-3/24/2022					
CLASS	Monday	Tuesday	Wednesday	Thursday	Friday
6th Grade	P Movement Monday #7	FA Fitness Testing Mid Pushups, Curl Ups, Sit and Reach	FA Fitness Testing Mid PACER	P Teachers Choice #5 Basketball/Volleyball	P Fitness Friday #5
7th Grade	P Movement Monday #7	FA Fitness Testing Mid Pushups, Curl Ups, Sit and Reach	FA Fitness Testing Mid PACER	P Teachers Choice #5 Basketball/Volleyball	P Fitness Friday #5
8th Grade	P Movement Monday #7	FA Fitness Testing Mid Pushups, Curl Ups, Sit and Reach	FA Fitness Testing Mid PACER	P Teachers Choice #5 Basketball/Volleyball PE Makeups Due	P Fitness Friday #5

Week of 3/13/2022-3/17/2022					
CLASS	Monday	Tuesday	Wednesday	Thursday	Friday
6th Grade	P Fitness Friday #4	P Hockey #2 Game	P Pickleball#4 Playoffs	P Fitness Center #5 Cardio/Weights	No School Teacher Development
7th Grade	P Fitness Friday #4	P Hockey #2 Game	P Badminton #4 Playoffs	P Fitness Center #5 Cardio/Weights	No School Teacher Development

8th Grade	P Fitness Friday #4	P Hockey #2 Game	P Badminton #5 Playoffs	P Fitness Center #5 Cardio/Weights	No School Teacher Development
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Week of 3/6/2022-3/10/2022					
CLASS	Monday	Tuesday	Wednesday	Thursday	Friday
6th Grade	P Movement Monday #6	P Pickleball #3 Games 4,5, 6	P Fitness Center #4 Cardio/Weights	P Team Handball #1 Game	P Fitness Friday #4
7th Grade	P Movement Monday #6	P Badminton #3 Games 4,5,6	P Fitness Center #4 Cardio/Weights	P Team Handball #1 Game	P Fitness Friday #4
8th Grade	P Movement Monday #6	P Badminton #3 Games 4, 5, 6	P Fitness Center #4 Cardio/Weights	P Team Handball #1 Game	P Fitness Friday #4

Week of 2/27/2022-3/3/2022					
CLASS	Monday	Tuesday	Wednesday	Thursday	Friday
6th Grade	P Movement Monday #5 Girls-Family Life	P Movement Monday #5 Boys Family Life	P Hockey #1 Mini Games	P Fitness Center #3 Stations	P Fitness Friday #3
7th Grade	P Movement Monday #5	Family Life Auditorium	P Hockey #1 Mini Games	P Fitness Center #3 Stations	P Fitness Friday #3
8th Grade	P Movement Monday #5	P Badminton #3 Games 4,5,6	P Hockey #1 Mini Games	P Fitness Center #3 Stations	P Fitness Friday #3

Week of 2/20/2022-2/24/2022

CLASS	Monday	Tuesday	Wednesday	Thursday	Friday
6th Grade	P Movement Monday #4	P Teachers Choice #2 Mission Impossible	No School Snow Day	P Pickleball #2 Tournament Games 1, 2, 3	P Fitness Friday #2
7th Grade	P Movement Monday #4	P Teachers Choice #2 Mission Impossible	No School Snow Day	P Badminton #2 Tournament Games 1, 2, 3	P Fitness Friday #2
8th Grade	P Movement Monday #4	P Teachers Choice #2 Mission Impossible	No School Snow Day	P Badminton #2 Tournament Games 1, 2, 3	P Fitness Friday #2

Week of 2/13/2022-2/17/2022

CLASS	Monday	Tuesday	Wednesday	Thursday	Friday
6th Grade	P Movement Monday #3	P Pickleball #1 Skills/Pick Teams/Practice	P Fitness Center #1 Rules/Tour/Explore	No School Snow Day	P Fitness Friday #1
7th Grade	P Movement Monday #3	P Badminton #1 Skills/Pick Teams/Practice	P Fitness Center #1 Rules/Tour/Explore	No School Snow Day	P Fitness Friday #1
8th Grade	P Movement Monday #3	P Badminton #1 Skills/Pick Teams/Practice	P Fitness Center #1 Rules/Tour/Explore	No School Snow Day	P Fitness Friday #1

Week of 2/6/2022-2/10/2022

CLASS	Monday	Tuesday	Wednesday	Thursday	Friday
6th Grade	P Movement Monday #2	P Student Choice #2 Basketball/Volleyball Conferences 5-7	P Teachers' Choice #1 Ominikin Tagl	P Teachers' Choice #2 3 Team Matball Conferences 5-7	No School Teacher PD/Workday
7th Grade	P Movement Monday #2	P Student Choice #2 Basketball/Volleyball Conferences 5-7	P Teachers' Choice #1 Ominikin Tagl	P Teachers' Choice #2 3 Team Matball Conferences 5-7	No School Teacher PD/Workday
8th Grade	P Movement Monday #2	P Student Choice #2 Basketball/Volleyball Conferences 5-7	P Teachers' Choice #1 Ominikin Tagll	P Teachers' Choice #2 3 Team Matball Conferences 5-7	No School Teacher PD/Workday

Week of 1/30/2022-2/03/2022

CLASS	Monday	Tuesday	Wednesday	Thursday	Friday
6th Grade	P Movement Monday #1	P Class Challenge #2 Tic Tac Toe Relay	P Class Challenge #3 Castleball	P Class Challenge #4 Sports Relay	P Class Challenge #5 Tug of War
7th Grade	P Movement Monday #1	P Class Challenge #2 Tic Tac Toe Relay	P Class Challenge #3 Castleball	P Class Challenge #4 Sports Relay	P Class Challenge #5 Tug of War
8th Grade	P Movement Monday #1	P Class Challenge #2 Tic Tac Toe Relay	P Class Challenge #3 Castleball	P Class Challenge #4 Sports Relay	P Class Challenge #5 Tug of War

Week of 1/23/2022-1/27/2022

CLASS	Monday	Tuesday	Wednesday	Thursday	Friday
6th Grade	Welcome! Attendance Spots Rules and Routines Safety Procedures	A Fitness Testing Pre Day 1 Push Ups, Curl Ups, FitnessGram CER	A Fitness Testing Pre Day 2 FitnessGram CER Writing continued	P Class Challenge #1 Mission Impossible	P Student Choice #1 BBall/Volleyball

	Equipment Syllabus	Writing			
7th Grade	Welcome! Attendance Spots Rules and Routines Safety Procedures Equipment Syllabus	A Fitness Testing Pre Day 1 FitnessGram CER Writing	A Fitness Testing Day 2 FitnessGram CER Writing continued	P Class Challenge #1 Mission Impossible	P Student Choice #1 BBall/Volleyball
8th Grade	Welcome! Attendance Spots Rules and Routines Safety Procedures Equipment Syllabus	A Fitness Testing Pre Day 1 FitnessGram CER Writing	A Fitness Testing Day 2 FitnessGram CER Writing continued	P Class Challenge #1 Mission Impossible	P Student Choice #1 BBall/Volleyball

Week of 1/16/2022-1/20/2022

CLASS	Monday	Tuesday	Wednesday	Thursday	Friday
6th Grade	P No School MLK Day	SA Post Fitness Test Push Ups Curls Ups Sit and Reach	SA Post Fitness Test PACER	P Student Choice SA Fitnessgram CER	No School Teacher Workday
7th Grade	P No School MLK Day	SA Post Fitness Test Push Ups Curls Ups Sit and Reach	SA Post Fitness Test PACER	P Student Choice SA Fitnessgram CER	No School Teacher Workday
8th Grade	P No School MLK Day	SA Post Fitness Test Push Ups Curls Ups Sit and Reach	SA Post Fitness Test PACER	P Student Choice SA Fitnessgram CER	No School Teacher Workday

Week of 1/9/2022-1/13/2022

CLASS	Monday	Tuesday	Wednesday	Thursday	Friday
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6th Grade	P Movement Monday #16 Cardiovascular Endurance	P Fitness Center #8 Cardio/Weights	P Team Handball #2 Basketball version	P Net #4 Badminton Games 7, 8, 9	P Fitness Friday #11
7th Grade	P Movement Monday #16 Cardiovascular Endurance	P Fitness Center #8 Cardio/Weights	P Team Handball #2 Basketball version	P Net #4 Badminton Games 7, 8, 9	P Fitness Friday #11
8th Grade	P Movement Monday #16 Cardiovascular Endurance	P Fitness Center #8 Cardio/Weights	P Team Handball #2 Basketball version	P Net #4 Badminton Games 7, 8, 9	P Fitness Friday #11

Week of 1/2/2022-1/6/2022					
CLASS	Monday	Tuesday	Wednesday	Thursday	Friday
6th Grade	No School Winter Break	P Net Pickleball #3 Games 4, 5,6	P Hockey #2 Class Game	P Fitness Center #7 Stations	P Fitness Friday #10
7th Grade	No School Winter Break	P Net Badminton #3 Games 4, 5,6	P Hockey #2 Class Game	P Fitness Center #7 Stations	P Fitness Friday #10
8th Grade	No School Winter Break	P Net Badminton #3 Games 4, 5,6	P Hockey #2 Class Game	P Fitness Center #7 Stations	P Fitness Friday #10

Week of 12/19/2022-12/23/2022					
CLASS	Monday	Tuesday	Wednesday	Thursday	Friday
6th Grade	P Movement Monday #15 Cardiovascular	P Team Handball #1 Game	P Fitness Center #6 3 Team Matball	P Student Choice	No School Winter Break Happy Holidays!

	Endurance				
7th Grade	P Movement Monday #15 Cardiovascular Endurance	P Team Handball #1 Game	P Fitness Center #6 3 Team Matball	P Student Choice	No School Winter Break Happy Holidays!
8th Grade	P Movement Monday #15 Cardiovascular Endurance	P Team Handball #1 Game	P Fitness Center #6 3 Team Matball	P Student Choice	No School Winter Break Happy Holidays!

Week of 12/12/2022-12/16/2022					
CLASS	Monday	Tuesday	Wednesday	Thursday	Friday
6th Grade	P Movement Monday #14 Cardiovascular Endurance	P Net Pickleball#2 Games 1,2, 3	P Teacher Choice #3	Dodgeball Tournament Day Castleball	No School Teacher Development
7th Grade	P Movement Monday #14 Cardiovascular Endurance	P Net Badminton #2 Games 1,2, 3	P Teacher Choice #3	Dodgeball Tournament Day Castleball	No School Teacher Development
8th Grade	P Movement Monday #14 Cardiovascular Endurance	P Net Badminton #2 Games 1,2, 3	P Teacher Choice #3	Dodgeball Tournament Day Castleball	No School Teacher Development

Week of 12/5/2022-12/9/2022					
CLASS	Monday	Tuesday	Wednesday	Thursday	Friday

6th Grade	P Movement Monday #13 Cardiovascular Endurance	P Fitness Center #5 Cardio/Weights Stations	P Teacher Choice #2	P Hockey #1 Mini Games	P Fitness Friday #9 Fitness Stations
7th Grade	P Movement Monday #13 Cardiovascular Endurance	P Fitness Center #5 Cardio/Weights Stations	P Teacher Choice #2	P Hockey #1 Mini Games	P Fitness Friday #9 Fitness Stations
8th Grade	P Movement Monday #13 Cardiovascular Endurance	P Fitness Center #5 Cardio/Weights Stations	P Teacher Choice #2	P Hockey #1 Mini Games	P Fitness Friday #9 Fitness Stations

Week of 11/28/2022-12/2/2022					
CLASS	Monday	Tuesday	Wednesday	Thursday	Friday
6th Grade	P Movement Monday #12 Cardiovascular Endurance	P Teacher Choice #2 3 Team Matball	P Net #1 Pickleball Skills	P Fitness Center #4 Stations	P Fitness Friday #8 Fitness Stations
7th Grade	P Movement Monday #12 Cardiovascular Endurance	P Teacher Choice #2 3 Team Matball	P Net #1 Badminton Skills	P Fitness Center #4 Stations	P Fitness Friday #8 Fitness Stations
8th Grade	P Movement Monday #12 Cardiovascular Endurance	P Teacher Choice #2 3 Team Matball	P Net #1 Badminton Skills	P Fitness Center #4 Stations	P Fitness Friday #8 Fitness Stations

Week of 11/21/2022-11/25/2022					
CLASS	Monday	Tuesday	Wednesday	Thursday	Friday

6th Grade	P Movement Monday #11 Cardiovascular Endurance	P Teachers Choice #1 3 team castleball	No School Thanksgiving Break	No School Thanksgiving Break	No School Thanksgiving Break
7th Grade	P Movement Monday #11 Cardiovascular Endurance	P Teachers Choice #13 team castleball	No School Thanksgiving Break	No School Thanksgiving Break	No School Thanksgiving Break
8th Grade	P Movement Monday #11 Cardiovascular Endurance	P Teachers Choice #13 team castleball	No School Thanksgiving Break	No School Thanksgiving Break	No School Thanksgiving Break

Week of 11/14/2022-11/18/2022

CLASS	Monday	Tuesday	Wednesday	Thursday	Friday
6th Grade	P Movement Monday #10 Cardiovascular Endurance	P Volleyball #3 Game 2	P Fitness Center #3 Upper Body Workout	P Basketball #3 Game #2	P Fitness Friday #7 Fitness Stations
7th Grade	P Movement Monday #10 Cardiovascular Endurance	P Volleyball #3 Game 2	P Fitness Center #3 Upper Body Workout	P Basketball #3 Game #2	P Fitness Friday #7 Fitness Stations
8th Grade	P Movement Monday #10 Cardiovascular Endurance	P Volleyball #3 Game 2	P Fitness Center #3 Upper Body Workout	P Basketball #3 Game #2	P Fitness Friday #7 Fitness Stations

Week of 11/7/2022-11/11/2022

CLASS	Monday	Tuesday	Wednesday	Thursday	Friday
6th Grade	P Movement Monday #9 Cardiovascular Endurance	P Fitness Center #2 Rules Fitness Center Tour Pick Partner	P Volleyball #2 Pick Teams/Game 1	P Basketball #2 Pick Teams/Game 1	P Fitness Friday #6 Fitness Stations
7th Grade	P Movement Monday #9 Cardiovascular Endurance	P Fitness Center #2 Rules Fitness Center Tour Pick Partner	P Volleyball #2 Pick Teams/Game 1	P Basketball #2 Pick Teams/Game 1	P Fitness Friday #6 Fitness Stations
8th Grade	P Movement Monday #9 Cardiovascular Endurance	P Fitness Center #2 Rules Fitness Center Tour Pick Partner	P Volleyball #2 Pick Teams/Game 1	P Basketball #2 Pick Teams/Game 1	P Fitness Friday #6 Fitness Stations

Week of 10/31/2022-11/4/2022

CLASS	Monday	Tuesday	Wednesday	Thursday	Friday
6th Grade	P Movement Monday #8 Cardiovascular Endurance	P Basketball #1 Skill Games	P Volleyball #1 Spikeball	P Fitness Center #1 Four Square 70 degrees!	P Fitness Friday #5 Fitness Stations
7th Grade	P Movement Monday #8 Cardiovascular Endurance	P Basketball #1 Skill Games	P Volleyball #1 Spikeball	P Fitness Center #1 Four Square 70 degrees!	P Fitness Friday #5 Fitness Stations
8th Grade	P Movement Monday #8 Cardiovascular Endurance	P Basketball #1 Skill Games	P Volleyball #1 Spikeball	P Fitness Center #1 Four Square 70 degrees!	P Fitness Friday #5 Fitness Stations

Week of 10/24/2022-10/28/2022

CLASS	Monday	Tuesday	Wednesday	Thursday	Friday
6th Grade	P Movement Monday #7 Cardiovascular Endurance	A Mid Fitness Testing Day 1 Pushups Curls ups Sit and Reach	A Mid Fitness Testing Day 2 PACER	A CER Fitnessgram/ P Student Choice/Fitness Test Makeups	No School End of Quarter 1
7th Grade	P Movement Monday #7 Cardiovascular Endurance	A Mid Fitness Testing Day 1 Pushups Curls ups Sit and Reach	A Mid Fitness Testing Day 2 PACER	A CER Fitnessgram/ P Student Choice/Fitness Test Makeups	No School End of Quarter 1
8th Grade	P Movement Monday #7 Cardiovascular Endurance	A Mid Fitness Testing Day 1 Pushups Curls ups Sit and Reach	A Mid Fitness Testing Day 2 PACER	A CER Fitnessgram/ P Student Choice/Fitness Test Makeups	No School End of Quarter 1

Week of 10/17/2022-10/21/2022

CLASS	Monday	Tuesday	Wednesday	Thursday	Friday
6th Grade	P Movement Monday #6 Cardiovascular Endurance	P Class vs Class 3 Team Castleball	P Class vs Class 3 Team Matball	P Ominikin Tag	P Career Day/Student Choice
7th Grade	P Movement Monday #6 Cardiovascular Endurance	P Class vs Class 3 Team Castleball	P Class vs Class 3 Team Matball	P Ominikin Tag	P Career Day/Student Choice
8th Grade	P Movement Monday #6 Cardiovascular Endurance	P Class vs Class 3 Team Castleball	P Class vs Class 3 Team Matball	P Ominikin Tag	P Career Day/Student Choice

Week of 10/10/2022-10/14/2022

CLASS	Monday	Tuesday	Wednesday	Thursday	Friday
6th Grade	P Movement Monday #5 Cardiovascular Endurance	P Football #4 Flag Football Q3	P Base Game #4 3 Team Matball	P Soccer #4 World Cup	No School Teacher Workday
7th Grade	P Movement Monday #5 Cardiovascular Endurance	P Football #4 Flag Football Q3	P Base Game #4 3 Team Matball	P Soccer #4 World Cup	No School Teacher Workday
8th Grade	P Movement Monday #5 Cardiovascular Endurance	P Football #4 Flag Football Q3	P Base Game #4 3 Team Matball	P Soccer #4 World Cup	No School Teacher Workday

Week of 10/3/2022-10/07/2022

CLASS	Monday	Tuesday	Wednesday	Thursday	Friday
6th Grade	P Movement Monday #4 Cardiovascular Endurance	P Football #3 Flag Football Q2	P Base Game #3 All Run Softball	P Soccer #3 Choice Day VB/BB	P Fitness Friday #4 Fitness Stations
7th Grade	P Movement Monday #4 Cardiovascular Endurance	P Football #3 Flag Football Q2	P Base Game #3 All Run Softball	P Soccer #3 Choice Day VB/BB	P Fitness Friday #4 Fitness Stations
8th Grade	P Movement Monday #4 Cardiovascular Endurance	P Football #3 Flag Football Q2	P Base Game #3 All Run Softball	P Soccer #3 Choice Day VB/BB	P Fitness Friday #4 Fitness Stations

Week of 09/26/2022-09/30/2022

CLASS	Monday	Tuesday	Wednesday	Thursday	Friday
6th Grade	P Movement Monday #3 Cardiovascular Endurance	P Football #2 Flag Football Q1 Pick Teams	P Base Game #2 Matball	P Soccer #2 Mini Games	P Fitness Friday #3 Fitness Stations
7th Grade	P Movement Monday #3 Cardiovascular Endurance	P Football #2 Flag Football Q1 Pick Teams	P Base Game #2 Matball	P Soccer #2 Mini Games	P Fitness Friday #3 Fitness Stations
8th Grade	P Movement Monday #3 Cardiovascular Endurance	P Football #2 Flag Football Q1 Pick Teams	P Base Game #2 Matball	P Soccer #2 Mini Games	P Fitness Friday #3 Fitness Stations

Week of 09/19/2022-09/23/2022

CLASS	Monday	Tuesday	Wednesday	Thursday	Friday
6th Grade	P Movement Monday #2 Cardiovascular Endurance	P Football #1 Ultimate Football	P Base Game #1 Kickball	P Soccer #1 Shooting Game	P Fitness Friday #2 Fitness Stations
7th Grade	P Movement Monday #2 Cardiovascular Endurance	P Football #1 Ultimate Football	P Base Game #1 Kickball	P Soccer #1 Shooting Game	P Fitness Friday #2 Fitness Stations
8th Grade	P Movement Monday #2 Cardiovascular Endurance	P Football #1 Ultimate Football	P Base Game #1 Kickball	P Soccer #1 Shooting Game	P Fitness Friday #2 Fitness Stations

Week of 09/12/2022-09/16/2022

CLASS	Monday	Tuesday	Wednesday	Thursday	Friday
6th Grade	P Movement Monday #1 Cardiovascular Endurance	P Class Challenge #4 Castleball	P Class Challenge #5 Sports Relay	P Class Challenge #6 Tug of War	P Fitness Friday #1 Fitness Stations
7th Grade	P Movement Monday #1 Cardiovascular Endurance	P Class Challenge #4 Castleball	P Class Challenge #5 Sports Relay	P Class Challenge #6 Tug of War	P Fitness Friday #1 Fitness Stations
8th Grade	P Movement Monday #1 Cardiovascular Endurance	P Class Challenge #4 Castleball	P Class Challenge #5 Sports Relay	P Class Challenge #6 Tug of War	P Fitness Friday #1 Fitness Stations

Week of 09/5/2022-09/09/2022					
CLASS	Monday	Tuesday	Wednesday	Thursday	Friday
6th Grade	No School Teacher Labor Day	A Fitness Testing Pre Day 2 FitnessGram CER Writing continued	P Class Challenge #1 Mission Impossible	P Class Challenge #2 Tic Tac Toe Relay	P Class Challenge #3 Memory Relay
7th Grade	No School Teacher Labor Day	A Fitness Testing Day 2 FitnessGram CER Writing continued	P Class Challenge #1 Mission Impossible	P Class Challenge #2 Tic Tac Toe Relay	P Class Challenge #3 Memory Relay
8th Grade	No School Teacher Labor Day	A Fitness Testing Day 2 FitnessGram CER Writing continued	P Class Challenge #1 Mission Impossible	P Class Challenge #2 Tic Tac Toe Relay	P Class Challenge #3 Memory Relay

Week of 08/29/2022-09/02/2022

CLASS	Monday	Tuesday	Wednesday	Thursday	Friday
6th Grade	No School Teacher Meetings Open House 5-6	No School Teacher Meetings	No School Teacher Meetings	Welcome! Attendance Spots Rules and Routines Safety Procedures Equipment Syllabus	A Fitness Testing Pre Day 1 Push Ups, Curl Ups, FitnessGram CER Writing
7th Grade	No School Teacher Meetings Open House 5-6	No School Teacher Meetings	No School Teacher Meetings	Welcome! Attendance Spots Rules and Routines Safety Procedures Equipment Syllabus	A Fitness Testing Pre Day 1 FitnessGram CER Writing
8th Grade	No School Teacher Meetings Open House 5-6	No School Teacher Meetings	No School Teacher Meetings	Welcome! Attendance Spots Rules and Routines Safety Procedures Equipment Syllabus	A Fitness Testing Pre Day 1 FitnessGram CER Writing

2021-2022 School Year

Week of 06/6/2022-06/10/2022

CLASS	Monday	Tuesday	Wednesday	Thursday	Friday
6th Grade	P Movement Movement #17 Student Choice Fitness Logs	P Football #9 Student Choice P Fitness Logs	½ Day Last Day of School		

7th Grade	P Movement Monday #17 Student Choice Fitness Logs	P Football #9 Student Choice P Fitness Logs	½ Day Last Day of School		
8th Grade	P Movement Monday #17 Student Choice Fitness Logs	P Football #9 Student Choice P Fitness Logs	½ Day Last Day School		

Week of 05/30/2022-06/3/2022					
CLASS	Monday	Tuesday	Wednesday	Thursday	Friday
6th Grade	No School Memorial Day	P Soccer #9 Shooting Game P Fitness Logs	P Football #7 Student Choice P Fitness Logs	P Cooperative #18 4 Square/Bags P Fitness Logs	P Base #9 Kickball/Choice P Fitness Logs
7th Grade	No School Memorial Day	P Soccer #9 Shooting Game P Fitness Logs	P Football #7 Student Choice P Fitness Logs	P Cooperative #18 4 Square/Bags P Fitness Logs	P Base #9 Kickball/Choice P Fitness Logs
8th Grade	No School Memorial Day	P Soccer #9 Shooting Game P Fitness Logs	P Football #7 Student Choice P Fitness Logs	P Cooperative #18 4 Square/Bags P Fitness Logs	P Base #9 Kickball/Choice P Fitness Logs

Week of 05/23/2022-05/27/2022					
CLASS	Monday	Tuesday	Wednesday	Thursday	Friday
6th Grade	P Movement Monday #16 Fitness Logs	P Base #8 Kickball P Fitness Logs	P Soccer #8 Sideline Soccer P Fitness Logs	P Football #6 Flag Football 4Q P Fitness Logs	P Cooperative #17 Cardio Walk P Fitness Logs ½ Day Early Release
7th Grade	P Movement Monday #16	P Base #8 Kickball	P Soccer #8 Sideline Soccer	P Football #6 Flag Football 4Q	P Cooperative #17 Cardio Walk

	Fitness Logs	P Fitness Logs	P Fitness Logs	P Fitness Logs	P Fitness Logs ½ Day Early Release
8th Grade	P Movement Monday #16 Fitness Logs	P Base #8 Kickball P Fitness Logs	P Soccer #8 Sideline Soccer P Fitness Logs	P Football #6 Flag Football 4Q P Fitness Logs	P Cooperative #17 Cardio Walk P Fitness Logs ½ Day Early Release

Week of 05/16/2022-05/20/2022					
CLASS	Monday	Tuesday	Wednesday	Thursday	Friday
6th Grade	P Movement Monday #15 Fitness Logs	P Cooperative#16 Bags and 4 Square P Fitness Logs	P Base #7 Rain-Post Fitness Test SA Fitnessgram P Fitness Logs	P Soccer #7 Outdoor Mini Game P Fitness Logs	P Football #5 Ultimate Football P Fitness Logs
7th Grade	P Movement Monday #15 Fitness Logs	P Cooperative#16 Bags and 4 Square P Fitness Log	P Base #7 Rain-Post Fitness Test SA Fitnessgram P Fitness Logs	P Soccer #7 Outdoor Mini Game P Fitness Logs	P Football #5 Ultimate Football P Fitness Logs
8th Grade	P Movement Monday #15 Fitness Logs	P Cooperative#16 Bags and 4 Square P Fitness Log	P Base #7 Rain-Post Fitness Test SA Fitnessgram P Fitness Logs	P Soccer #7 Outdoor Mini Game P Fitness Logs	P Football #5 Ultimate Football P Fitness Logs

Week of 05/9/2022-05/13/2022					
CLASS	Monday	Tuesday	Wednesday	Thursday	Friday
6th Grade	P Movement Monday #14 Fitness Logs	P Football #4 3Q P Fitness Log	P Cooperative #15 Matball P Fitness Logs	P Base #6 All Run Softball P Fitness Logs	P Soccer #6 Shooting Skills P Fitness Logs
7th Grade	P Movement Monday #14 Fitness Logs	P Football #4 3Q P Fitness Log	P Cooperative #15 Matball P Fitness Logs	P Base #6 All Run Softball P Fitness Logs	P Soccer #6 Shooting Skills P Fitness Logs

8th Grade	P Movement Monday #14 Fitness Logs	P Football #4 3Q P Fitness Log	P Cooperative #15 Matball P Fitness Logs	P Base #6 All Run Softball P Fitness Logs	P Soccer #6 Shooting Skills P Fitness Logs
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Week of 05/02/2022-05/6/2022					
CLASS	Monday	Tuesday	Wednesday	Thursday	Friday
6th Grade	P Movement Monday #13 Fitness Logs	P Soccer #5 Indoor Game P Fitness Log	P Football #3 2nd Quarter P Fitness Logs	P Cooperative #14 Ultimate Football P Fitness Logs	P Base #5 Weightroom (weather) P Fitness logs
7th Grade	P Movement Monday #13 Fitness Logs	P Soccer #5 Indoor Game P Fitness Log	P Football #3 2nd Quarter P Fitness Logs	P Cooperative #14 Ultimate Football P Fitness Logs	P Base #5 Weightroom (weather) P Fitness logs
8th Grade	P Movement Monday #13 Fitness Logs	P Soccer #5 Indoor Game P Fitness Log	P Football #3 2nd Quarter P Fitness Logs	P Cooperative #14 Ultimate Football P Fitness Logs	P Base #5 Weightroom (weather) P Fitness logs

Week of 04/25/2022-04/29/2022					
CLASS	Monday	Tuesday	Wednesday	Thursday	Friday
6th Grade	P Movement Monday #12 Fitness Logs	P Base #4 Softball P Fitness Logs	P Soccer #4 Indoor Soccer Game P Fitness Logs	P Football #2 Flag Football Q1 Pick Team P Fitness Logs	P Cooperative #13 4 Square Kings Court P Fitness Logs
7th Grade	P Movement Monday #12 Fitness Logs	P Base #4 Softball P Fitness Logs	P Soccer #4 Indoor Soccer Game P Fitness Logs	P Football #2 Flag Football Q1 Pick Team P Fitness Logs	P Cooperative #13 4 Square Kings Court P Fitness Logs

8th Grade	P Movement Monday #12 Fitness Logs	P Base #4 Softball P Fitness Logs	P Soccer #4 Indoor Soccer Game P Fitness Logs	P Football #2 Flag Football Q1 Pick Team P Fitness Logs	P Cooperative #13 4 Square Kings Court P Fitness Logs
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Week of 04/11/2022-04/15/2022					
CLASS	Monday	Tuesday	Wednesday	Thursday	Friday
6th Grade	P Movement Monday #11 Fitness Logs	P Cooperative#12 4 Square P Fitness Logs	P Base #3 Kickball P Fitness Logs	P Soccer #3 Student Choice (Basketball, Volleyball Spikeball, Walk P Fitness Logs	No Class Spring Break
7th Grade	P Movement Monday #11 Fitness Logs	P Cooperative#12 4 Square P Fitness Log	P Base #3 Kickball P Fitness Logs	P Soccer #3 Student Choice (Basketball, Volleyball Spikeball, Walk P Fitness Logs	No Class Spring Break
8th Grade	P Movement Monday #11 Fitness Logs	P Cooperative#12 4 Square P Fitness Log	P Base #3 Kickball P Fitness Logs	P Soccer #3 Student Choice (Basketball, Volleyball Spikeball, Walk P Fitness Logs	No Class Spring Break

Week of 04/4/2022-04/8/2022					
CLASS	Monday	Tuesday	Wednesday	Thursday	Friday
6th Grade	P Movement Monday #10 Fitness Logs	P Football #1 Ultimate Football P Fitness Logs	P Cooperate #11 Ultimate Frisbee P Fitness Logs	P Base #2 Softball P Fitness Logs	P Soccer #2 Indoor Game
7th Grade	P Movement Monday #10 Fitness Logs	P Football #1 Ultimate Football P Fitness Logs	P Cooperate #11 Ultimate Frisbee P Fitness Logs	P Base #2 Softball P Fitness Logs	P Soccer #2 Indoor Game

8th Grade	P Movement Monday #10 Fitness Logs	P Football #1 Ultimate Football P Fitness Logs	P Cooperate #11 Ultimate Frisbee P Fitness Logs	P Base #2 Softball P Fitness Logs	P Soccer #2 Indoor Game
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Week of 03/28/2022-04/1/2022					
CLASS	Monday	Tuesday	Wednesday	Thursday	Friday
6th Grade	P Movement Monday #9 Fitness Logs	P Cooperative #10 Relay Races P Fitness Logs	P Base Games #1 Matball P Fitness Logs	P Soccer #1 Sideline Soccer P Fitness Logs	No School Teacher Development
7th Grade	P Movement Monday #9 Fitness Logs	P Cooperative #10 Relay Races P Fitness Logs	P Base Games #1 Matball P Fitness Logs	P Soccer #1 Sideline Soccer P Fitness Logs	No School Teacher Development
8th Grade	P Movement Monday #9 Fitness Logs	P Cooperative #10 Relay Races P Fitness Logs	P Base Games #1 Matball P Fitness Logs	P Soccer #1 Sideline Soccer P Fitness Logs	No School Teacher Development

Week of 03/21/2022-03/25/2022					
CLASS	Monday	Tuesday	Wednesday	Thursday	Friday
6th Grade	P Movement Monday #8 Fitness Logs	P Cooperative #9 Lawn Games-Bag Tournament P Fitness Logs	P Basketball #4 Playoff Games P Fitness Logs	P Fitness #8 P Fitness Logs	No School Teacher Workday
7th Grade	P Movement Monday #8 Fitness Logs	P Cooperative #9 Lawn Games Bag Tournament P Fitness Logs	P Basketball #4 Playoff Games P Fitness Logs	P Fitness #8 P Fitness Logs	No School Teacher Workday

8th Grade	P Movement Monday #8 Fitness Logs	P Cooperative #9 Lawn Games-Bag Tournament P Fitness Logs	P Basketball #4 Playoff Games P Fitness Logs	P Fitness #8 P Fitness Logs	No School Teacher Workday
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Week of 03/14/2022-03/18/2022					
CLASS	Monday	Tuesday	Wednesday	Thursday	Friday
6th Grade	P Movement Monday #7 Fitness Logs	P Cooperative #8 Flag Football P Fitness Logs	P Pickleball #6 Tournament Games P Fitness Logs	P Team Handball #2 Game P Fitness Logs	P Fitness #7 P Fitness Logs
7th Grade	P Movement Monday #7 Fitness Logs	P Cooperative #8 Flag Football P Fitness Logs	P Badminton #6 Tournament Games P Fitness Logs	P Team Handball #2 Game P Fitness Logs	P Fitness #7 P Fitness Logs
8th Grade	P Movement Monday #7 Fitness Logs	P Cooperative #8 Flag Football P Fitness Logs	P Badminton #6 Tournament Games P Fitness Logs	P Team Handball #2 Game P Fitness Logs	P Fitness #7 P Fitness Logs

Week of 03/7/2022-03/11/2022					
CLASS	Monday	Tuesday	Wednesday	Thursday	Friday
6th Grade	P Movement Monday #6 Fitness Logs	P Cooperative #7 FA: Mid Fitness Testing P Fitness Logs	P Fitness #6 Workout Stations P Fitness Log	P Basketball #4 Game 3 P Fitness Log	P Hockey #2 Game P Fitness Log
7th Grade	P Movement Monday #6 Fitness Logs	P Cooperative #7 FA: Mid Fitness Testing P Fitness Logs	P Fitness #6 Workout Stations P Fitness Log	P Basketball #4 Game 3 P Fitness Log	P Hockey #2 Game P Fitness Log
8th Grade	P Movement Monday #6 Fitness Logs	P Cooperative #7 FA: Mid Fitness Testing P Fitness Logs	P Fitness #6 Workout Stations P Fitness Log	P Basketball #4 Game 3 P Fitness Logs	P Hockey #2 Game P Fitness Log

Week of 02/28/2022-03/04/2022

CLASS	Monday	Tuesday	Wednesday	Thursday	Friday
6th Grade	P Movement Monday #5 Fitness Logs	P Volleyball #2 Games P Fitness Logs	P Cooperative #6 Flag Football P Fitness Log	P Pickleball #5 Tournament Games P Fitness Logs	P Fitness #5 Cardio Workout P Fitness Log
7th Grade	P Movement Monday #5 Fitness Logs	P Volleyball #2 Games P Fitness Logs	P Cooperative #6 Flag Football P Fitness Log	P Badminton #5 Tournament Games P Fitness Logs	P Fitness #5 Cardio Workout P Fitness Log
8th Grade	P Movement Monday #5 Fitness Logs	P Volleyball #2 Games P Fitness Logs	P Cooperative #6 Flag Football P Fitness Log	P Badminton #5 Tournament Games P Fitness Logs	P Fitness #5 Cardio Workout P Fitness Log

Week of 02/21/2022-02/25/2022

CLASS	Monday	Tuesday-Virtual	Wednesday	Thursday	Friday
6th Grade	P Movement Monday #4 Fitness Logs	P Fitness #4 Weightroom Workout P Fitness Log	P Basketball #3 Games #2 P Fitness Log	P Pickleball #4 Tournament Games P Fitness Log	P Cooperative #5 Fitness Friday Stations P Fitness Log
7th Grade	P Movement Monday #4 Fitness Logs	P Fitness #4 Weightroom Workout P Fitness Log	P Basketball #3 Games #2 P Fitness Log	P Badminton #4 Tournament Games P Fitness Log	P Cooperative #5 Fitness Friday Stations P Fitness Log
8th Grade	P Movement Monday #4 Fitness Logs	P Fitness #4 Weightroom Workout P Fitness Log	P Basketball #3 Games #2 P Fitness Log	P Badminton #4 Tournament Games P Fitness Log	P Cooperative #5 Fitness Friday Stations P Fitness Log

Week of 02/14/2022-02/18/2022

CLASS	Monday	Tuesday	Wednesday	Thursday	Friday
6th Grade	P Movement Monday #3 Fitness Logs	P Cooperative #3 Castleball/Lawn P Fitness Log	P Hockey #1 Game P Fitness Log	P Fitness#3 Weightroom Workout P Fitness Log	P Basketball #2 Pick Team/Game 1
7th Grade	P Movement Monday #3 Fitness Logs	P Cooperative #3 Castleball/Lawn P Fitness Log	P Hockey #1 Game P Fitness Log	P Fitness#3 Weightroom Workout P Fitness Log	P Basketball #2 Pick Team/Game 1
8th Grade	P Movement Monday #3 Fitness Logs	P Cooperative #3 Castleball/Lawn P Fitness Log	P Hockey #1 Game P Fitness Log	P Fitness#3 Weightroom Workout P Fitness Log	P Basketball #2 Pick Team/Game 1

Week of 02/7/2022-02/11/2022

CLASS	Monday	Tuesday	Wednesday	Thursday	Friday
6th Grade	P Movement Monday #2 Fitness Logs	Family Life-Auditorium	P Cooperative #2 P Cardio/Lawn Games	P Pickleball #3 Tournament Games P Fitness Log	No School Teacher Prof Development
7th Grade	P Movement Monday #2 Fitness Logs	Family Life Auditorium	P Cooperative #2 P Cardio/Lawn Games	P Badminton #3 Tournament Games P Fitness Log	No School Teacher Prof Development
8th Grade	P Movement Monday #2 Fitness Logs	P Team Handball #1 Game	Family Life Auditorium	P Badminton #3 Tournament Games P Fitness Log	No School Teacher Prof Development

Week of 01/31/2022-02/4/2022

CLASS	Monday	Tuesday	Wednesday	Thursday	Friday
6th Grade	P Movement Monday #1 Fitness Logs	P Cooperative #1 Cardio/Lawn Games P Fitness Log	P Fitness #2 Castleball/Upper Body Workout	P Volleyball #1 Spikeball P Fitness Log	P Pickleball #2 Tournament Games P Fitness Log

			P Fitness Log		
7th Grade	P Movement Monday #1 Fitness Logs	P Cooperative #1 Cardio/Lawn Games P Fitness Log	P Fitness #2 Castleball/Upper Body Workout P Fitness Log	P Volleyball #1 Spikeball P Fitness Log	P Badminton #2 Tournament Games P Fitness Log
8th Grade	P Movement Monday #1 Fitness Logs	P Cooperative #1 Cardio/Lawn Games P Fitness Log	P Fitness #2 Castleball/Upper Body Workout P Fitness Log	P Volleyball #1 Spikeball	P Badminton #2 Tournament Games P Fitness Log

Week of 01/24/2022-01/28/2022					
CLASS	Monday	Tuesday	Wednesday	Thursday	Friday
6th Grade	Welcome! Attendance Spots Rules and Routines Safety Procedures Equipment	P Pickleball #1 Practice Skills/Pick Teams P Fitness Log	PA Pre Fitness Testing Fitnessgram Assessment P Fitness Logs	P Fitness #1 Rules of Weightroom Tour P Fitness Log	P Basketball #1 Skill Games P Fitness Log
7th Grade	Welcome! Attendance Spots Rules and Routines Safety Procedures Equipment	P Badminton #1 Practice Skills/Pick Teams P Fitness Log	PA Pre Fitness Testing Fitnessgram Assessment P Fitness Logs	P Fitness #1 Rules of Weightroom Tour P Fitness Log	P Basketball #1 Skill Games P Fitness Log
8th Grade	Welcome! Attendance Spots Rules and Routines Safety Procedures Equipment	P Badminton #1 Practice Skills/Pick Teams P Fitness Log	PA Pre Fitness Testing Fitnessgram Assessment P Fitness Logs	P Fitness #1 Rules of Weightroom Tour P Fitness Log	P Basketball #1 Skill Games P Fitness Log

Week of 01/17/2022-01/21/2022

CLASS	Monday	Tuesday	Wednesday	Thursday	Friday
6th Grade	No School MLK Jr Day	P Team Handball #3 Wall Ball Challenge P Fitness Logs	P Fitness #14 Beachbody Video Boxing P Fitness Logs	P Water Bottle Flip Challenge P Fitness Log	No School Teacher Workday End of Semester
7th Grade	No School MLK Jr Day	P Team Handball #3 Wall Ball Challenge P Fitness Logs	P Fitness #14 Beachbody Video Boxing P Fitness Logs	P Water Bottle Flip Challenge P Fitness Log	No School Teacher Workday End of Semester
8th Grade	No School MLK Jr Day	P Team Handball #3 Wall Ball Challenge P Fitness Logs	P Fitness #14 Beachbody Video Boxing P Fitness Logs	P Water Bottle Flip Challenge P Fitness Log	No School Teacher Workday End of Semester

Week of 01/10/2022-01/14/2022-

CLASS	Monday	Tuesday-Virtual	Wed-Virtual	Thursday	Friday
6th Grade	P Movement #16 Auditorium P Fitness Log	P Colborn Fitness Video P Fitness Logs	P Hockey #4 Broom and Sock Ball 1 P Fitness Log	P Pickleball #6 Paper Plate Racquet and Balloon Games P Fitness Logs	P Cooperative #13 P Jurassic World Workout Colborn-Pushups Squats Planks P Fitness Log
7th Grade	P Movement #16 Auditorium P Fitness Log	P Colborn Fitness Video P Fitness Logs	P Hockey #4 Broom and Sock Ball 1 P Fitness Log	P Badminton #6 Paper Plate Racquet and Balloon Games P Fitness Logs	P Cooperative #13 P Jurassic World Workout Colborn-Pushups Squats Planks P Fitness Log
8th Grade	P Movement #16 Auditorium P Fitness Log	P Colborn Fitness Video P Fitness Logs	P Hockey #4 Broom and Sock Ball 1 P Fitness Log	P Badminton #6 Paper Plate Racquet and Balloon Games P Fitness Logs	P Cooperative #13 P Jurassic World Workout Star Wars Colborn-Pushups

				Squats Planks P Fitness Log
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Week of 01/03/2022-01/07/2022					
CLASS	Monday	Tuesday	Wednesday	Thursday	Friday
6th Grade	P Movement #15 P Fitness Log	P Pickleball #5 P Fitness Logs	P Fitness #13 Fitness Stations P Fitness Log	P SA Post Fitness Testing Push ups, Curls ups, Sit/Reach P Fitness Logs	P Basketball #5 Games P Fitness Logs
7th Grade	P Movement #15 P Fitness Log	P Badminton #5 P Fitness Logs	P Fitness #13 Fitness Stations P Fitness Log	P SA Post Fitness Testing Push ups, Curls ups, Sit/Reach P Fitness Logs	P Basketball #5 Games P Fitness Logs
8th Grade	P Movement #15 P Fitness Log	P Badminton #5 P Fitness Logs	P Fitness #13 Fitness Stations P Fitness Log	P SA Post Fitness Testing Push ups, Curls ups, Sit/Reach P Fitness Logs	P Basketball #5 Games P Fitness Logs

Week of 12/20/2021-12/24/2021					
CLASS	Monday	Tuesday	Wednesday	Thursday	Friday
6th Grade	P Movement #14 P Fitness Log	P Cooperative #12 Castleball P Fitness Logs	No Class Winter Break	No Class Winter Break	No Class Winter Break
7th Grade	P Movement #14 P Fitness Log	P Cooperative #12 Castleball	No Class Winter Break	No Class Winter Break	No Class Winter Break

		P Fitness Logs			
8th Grade	P Movement #14 P Fitness Log	P Cooperative #12 Castleball P Fitness Logs	No Class Winter Break	No Class Winter Break	No Class Winter Break

Week of 12/13/2021-12/17/2021					
CLASS	Monday	Tuesday	Wednesday	Thursday	Friday
6th Grade	P Movement #13 P Fitness Log	Family Life-Nurse Auditorium	P Fitness #12 P Fitness Log	P Basketball #4 Half Court Games P Fitness Log	P Team Handball #2 Games P Fitness Log
7th Grade	P Movement #13 P Fitness Log	Family Life-Nurse Auditorium	P Fitness #12 P Fitness Log	P Basketball #4 Half Court Games P Fitness Log	P Team Handball #2 Games P Fitness Log
8th Grade	P Movement #13 P Fitness Log	P Cooperative #11 P Fitness Logs	Family Life-Nurse Auditorium	P Basketball #4 Half Court Games P Fitness Log	P Team Handball #2 Games P Fitness Log

Week of 12/6/2021-12/10/2021					
CLASS	Monday	Tuesday	Wednesday	Thursday	Friday
6th Grade	P Movement #12 P Fitness Log	P Hockey #3 Games P Fitness Logs	P Cooperative #11 Volleyball vs Baker P Fitness Log	P Pickleball #4 Games 5/6 P Fitness Log	P Fitness #11 P Fitness Log
7th Grade	P Movement #12 P Fitness Log	P Hockey #3 Games P Fitness Logs	P Cooperative #11 Volleyball vs Baker P Fitness Log	P Badminton #4 Games 5/6 P Fitness Log	P Fitness #11 P Fitness Log

8th Grade	P Movement #12 P Fitness Log	P Hockey #3 Games P Fitness Logs	P Cooperative #11 Volleyball vs Baker P Fitness Log	P Badminton #4 Games 5/6 P Fitness Log	P Fitness #11 P Fitness Log
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Week of 11/29/2021-12/3/2021					
CLASS	Monday	Tuesday	Wednesday	Thursday	Friday
6th Grade	P Movement #11 P Fitness Log	P Fitness #10 Weightroom P Fitness Logs	P Basketball #3 Half Court Games RD2 P Fitness Log	P Pickleball #3 Games 3/4 P Fitness Log	P Cooperative #10 Volleyball #2 Coed Games P Fitness Log
7th Grade	P Movement #11 P Fitness Log	P Fitness #10 Weightroom P Fitness Logs	P Basketball #3 Half Court Games RD2 P Fitness Log	P Badminton #3 Games 3/4 P Fitness Log	P Cooperative #10 Volleyball #2 Coed Games P Fitness Log
8th Grade	P Movement #11 P Fitness Log	P Fitness #10 Weightroom P Fitness Logs	P Basketball #3 Half Court Games RD2 P Fitness Log	P Badminton #3 Games 3/4 P Fitness Log	P Cooperative #10 Volleyball #2 Coed Games P Fitness Log

Week of 11/22/2021-11/26/2021					
CLASS	Monday	Tuesday	Wednesday	Thursday	Friday
6th Grade	P Movement #10 P Fitness Log	P Cooperative #9 Team Handball P Fitness Logs	½ Day Am P Field Hockey #2 Game P Fitness Log	No School Thanksgiving Break	No School Thanksgiving Break
7th Grade	P Movement #10 P Fitness Log	P Cooperative #9 Team Handball P Fitness Logs	½ Day Am P Field Hockey #2 Game P Fitness Log	No School Thanksgiving Break	No School Thanksgiving Break

8th Grade	P Movement #10 P Fitness Log	P Cooperative #9 Team Handball P Fitness Logs	½ Day Am P Field Hockey #2 Game P Fitness Log	No School Thanksgiving Break	No School Thanksgiving Break
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Week of 11/15/2021-11/19/2021					
CLASS	Monday	Tuesday	Wednesday	Thursday	Friday
6th Grade	P Volleyball #1 Game P Fitness Log	P Basketball #2 Pick Teams Half Court Games P Fitness Logs	P Cooperative #8 Student Choice P Fitness Logs	P Pickleball #2 Round 1,2, 3 Games P Fitness Log	P Fitness #9 Weightroom Workout Day 1 P Fitness Log
7th Grade	P Volleyball #1 Game P Fitness Log	P Basketball #2 Pick Teams Half Court Games P Fitness Logs	P Cooperative #8 Student Choice P Fitness Logs	P Badminton #2 Round 1,2, 3 Games P Fitness Log	P Fitness #9 Weightroom Workout Day 1 P Fitness Log
8th Grade	P Volleyball #1 Game P Fitness Log	P Basketball #2 Pick Teams Half Court Games P Fitness Logs	P Cooperative #8 Student Choice P Fitness Logs	P Badminton #2 Round 1,2, 3 Games P Fitness Log	P Fitness #9 Weightroom Workout Day 1 P Fitness Log

Week of 11/8/2021-11/12/2021					
CLASS	Monday	Tuesday	Wednesday	Thursday	Friday
6th Grade	P Movement Monday #9 P Fitness Log	P Cooperative #7 Flag Football Game P Fitness Logs	P Fitness #8 Cardio Endurance Stadium Walk P Fitness Logs	P Hockey #1 Mini Games P Fitness Log	No School Professional Development
7th Grade	P Movement Monday #9 P Fitness Log	P Cooperative #7 Flag Football Game P Fitness Logs	P Fitness #8 Cardio Endurance Stadium Walk P Fitness Logs	P Hockey #1 Mini Games P Fitness Log	No School Professional Development

8th Grade	P Movement Monday #9 P Fitness Log	P Cooperative #7 Flag Football Game P Fitness Logs	P Fitness #8 Cardio Endurance Stadium Walk P Fitness Logs	P Hockey #1 Mini Games P Fitness Log	No School Professional Development
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Week of 11/1/2021-11/5/2021					
CLASS	Monday	Tuesday	Wednesday	Thursday	Friday
6th Grade	P Movement Monday #8 P Fitness Log	P Pickleball #1 Pick Partners Skills P Fitness Logs	FA Mid Fitness Testing CER Fitness Assessment Q2	P Fitness #7 Flag Football P Fitness Log	P Basketball #1 Skill Games P Fitness Log
7th Grade	P Movement Monday #8 P Fitness Log	P Badminton #1 Pick Partners Skills P Fitness Logs	FA Mid Fitness Testing CER Fitness Assessment Q2	P Fitness #7 Flag Football P Fitness Log	P Basketball #1 Skill Games P Fitness Log
8th Grade	P Movement Monday #8 P Fitness Log	P Badminton #1 Pick Partners Skills P Fitness Logs	FA Mid Fitness Testing CER Fitness Assessment Q2	P Fitness #7 Flag Football P Fitness Log	P Basketball #1 Skill Games P Fitness Log

Week of 10/25/2021-10/29/2021					
CLASS	Monday	Tuesday	Wednesday	Thursday	Friday
6th Grade	P Movement Monday #7 P Fitness Log	P Soccer #6 Game P Fitness Logs	P Cooperative #6 Matball P Fitness Log	P Fitness #6 Cardio Endurance Walk P Fitness Log	No School Teacher Workday
7th Grade	P Movement Monday #7	P Soccer #6 Game P Fitness Logs	P Cooperative #6 Matball	P Fitness #6 Cardio Endurance Walk	No School Teacher Workday

	P Fitness Log		P Fitness Log	P Fitness Log	
8th Grade	P Movement Monday #7 P Fitness Log	P Soccer #6 Game P Fitness Logs	P Cooperative #6 Matball P Fitness Log	P Fitness #6 Cardio Endurance Walk P Fitness Log	No School Teacher Workday

Week of 10/18/2021-10/22/2021					
CLASS	Monday	Tuesday	Wednesday	Thursday	Friday
6th Grade	P Movement Monday #6 P Fitness Log	P Cooperative #5 Matball P Fitness Logs	P Fitness #5 Cardio Endurance Walk P Fitness Log	P Football #6 Flag Football Quarter 4 P Fitness Log	P Base #6 Ragball P Fitness Log
7th Grade	P Movement Monday #6 P Fitness Log	P Cooperative #5 Matball P Fitness Logs	P Fitness #5 Cardio Endurance Walk P Fitness Log	P Football #6 Flag Football Quarter 4 P Fitness Log	P Base #6 Ragball P Fitness Log
8th Grade	P Movement Monday #6 P Fitness Log	P Cooperative #5 Matball P Fitness Logs	P Fitness #5 Cardio Endurance Walk P Fitness Log	P Football #6 Flag Football Quarter 4 P Fitness Log	P Base #6 Ragball P Fitness Log

Week of 10/11/2021-10/15/2021					
CLASS	Monday	Tuesday	Wednesday	Thursday	Friday
6th Grade	P Movement Monday #5 P Fitness Log	P Fitness #4 Cardio Endurance Walk P Fitness Logs	P Football #5 Flag Quarter 3 P Fitness Log	P Base #5 Kickball P Fitness Log	P Soccer #5 Game P Fitness Log
7th Grade	P Movement Monday #5 P Fitness Log	P Fitness #4 Cardio Endurance Walk P Fitness Logs	P Football #5 Flag Quarter 3 P Fitness Log	P Base #5 Kickball P Fitness Log	P Soccer #5 Game P Fitness Log

8th Grade	P Movement Monday #5 P Fitness Log	P P Fitness #4 Cardio Endurance Walk P Fitness Logs	P Football #5 Flag Quarter 3 P Fitness Log	P Base #5 Kickball P Fitness Log	P Soccer #5 Game P Fitness Log
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Week of 10/4/2021-10/8/2021

CLASS	Monday	Tuesday	Wednesday	Thursday	Friday
6th Grade	P Movement Monday #4 P Fitness Log	P Base #4 All Run Softball P Fitness Logs	P Soccer #4 Game P Fitness Log	P Cooperative #4 CastleBall P Fitness Log	No School
7th Grade	P Movement Monday #4 P Fitness Log	P Base #4 All Run Softball P Fitness Logs	P Soccer #4 Game P Fitness Log	P Cooperative #4 CastleBall P Fitness Log	No School
8th Grade	P Movement Monday #4 P Fitness Log	P Base #4 All Run Softball P Fitness Logs	P Soccer #4 Game P Fitness Log	P Cooperative #4 CastleBall P Fitness Log	No School

Week of 9/27/2021-10/1/2021

CLASS	Monday	Tuesday	Wednesday	Thursday	Friday
6th Grade	P Movement Monday #3 P Fitness Log	P Soccer #3 Mini Games P Fitness Logs	P Cooperative Games #3 Ultimate Frisbee P Fitness Log	P Fitness #3 Cardio Endurance Walk P Fitness Log	P Football #4 Flag Quarter 2 P Fitness Log
7th Grade	P Movement Monday #3 P Fitness Log	P Soccer #3 Mini Games P Fitness Logs	P Cooperative Games #3 Ultimate Frisbee P Fitness Log	P Fitness #3 Cardio Endurance Walk P Fitness Log	P Football #4 Flag Quarter 2 P Fitness Log

8th Grade	P Movement Monday #3 P Fitness Log	P Soccer #3 Mini Games P Fitness Logs	P Cooperative Games #3 Ultimate Frisbee P Fitness Log	P Fitness #3 Cardio Endurance Walk P Fitness Log	P Football #4 Flag Quarter 2 P Fitness Log
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Week of 9/20/2021-9/24/2021					
CLASS	Monday	Tuesday	Wednesday	Thursday	Friday
6th Grade	P Movement Monday #2 P Fitness Log	P Cooperative Games #2 4 Square Kings Court P Fitness Logs	P Fitness #2 Cardio Endurance P Fitness Log	P Football #3 Flag Quarter 1 P Fitness Log	P Base #3 Matball P Fitness Log
7th Grade	P Movement Monday #2 P Fitness Log	P Cooperative Games #2 4 Square Kings Court P Fitness Logs	P Fitness #2 Cardio Endurance P Fitness Log	P Football #3 Flag Quarter 1 P Fitness Log	P Base #3 Matball P Fitness Log
8th Grade	P Movement Monday #2 P Fitness Log	P Cooperative Games 4 Square Kings Court P Fitness Logs	P Fitness #2 Cardio Endurance P Fitness Log	P Football #3 Flag Quarter 1 P Fitness Log	P Base #3 Matball P Fitness Log

Week of 9/13/2021-9/17/2021					
CLASS	Monday	Tuesday	Wednesday	Thursday	Friday
6th Grade	P Movement Monday #1 P Fitness Log	P Fitness #1 Cardio Endurance P Fitness Log	P Football #2 Ultimate Football P Fitness Log	P Base #2 Softball P Fitness Log	P Soccer #2 Mini Games World Cup

7th Grade	P Movement Monday #1 P Fitness Log	P Fitness #1 Cardio Endurance P Fitness Log	P Football #2 Ultimate Football P Fitness Log	P Base #2 Softball P Fitness Log	P Soccer #2 Mini Games World Cup
8th Grade	P Movement Monday #1 P Fitness Log	P Fitness #1 Cardio Endurance P Fitness Log	P Football #2 Ultimate Football P Fitness Log	P Base #2 Softball P Fitness Log	P Soccer #2 Mini Games World Cup

Week of 9/8/2021					
CLASS	Monday	Tuesday	Wednesday	Thursday	Friday
6th Grade	No School Labor Day	P Football Day 1 Ultimate P Fitness Log	P Base Games Kickball P Fitness Log	P Soccer Day 1 Skill Work-Shooting P Fitness Log	P Cooperative Games #1 4 Square P Fitness Logs
7th Grade	No School Labor Day	P Football Day 1 Ultimate P Fitness Log	P Base Games Kickball P Fitness Log	P Soccer Day 1 Skill Work-Shooting P Fitness Log	P Cooperative Games #1 4 Square P Fitness Logs
8th Grade	No School Labor Day	P Football Day 1 Ultimate P Fitness Log	P Base Games Kickball P Fitness Log	P Soccer Day 1 Skill Work-Shooting P Fitness Log	P Cooperative Games #1 4 Square P Fitness Logs

Week of 9/1/2021					
CLASS	Monday	Tuesday	Wednesday	Thursday	Friday
6th Grade	No School Teacher Workday	No School Teacher Workday	Welcome! Attendance Spots Rules and Routines Safety Procedures Equipment	Google Classroom Activity Log Computer	Fitness Testing Day 1 Activity Log

7th Grade	No School Teacher Workday	No School Teacher Workday	Welcome! Attendance Spots Rules and Routines Safety Procedures Equipment	Google Classroom Activity Log Computer	Fitness Testing Day 1 Activity Log
8th Grade	No School Teacher Workday	No School Teacher Workday	Welcome! Attendance Spots Rules and Routines Safety Procedures Equipment	Google Classroom Activity Log Computer	Fitness Testing Day 1 Activity Log

2020-2021 School Year

Week of 6/7/2021-Be prepared to go outside!

CLASS	Monday	Tuesday-	Wednesday	Thursday	Friday
6th Grade	P Mixed Bag Activities P Fitness Logs	P Mixed Bag Activities P Fitness Log Last Day of School	Teacher Workday		
7th Grade	P Mixed Bag Activities P Fitness Logs	PMixed Bag Activies P Fitness Log Last Day of School	Teacher Workday		
8th Grade	P Mixed Bag Activities P Fitness Logs	P Mixed Bag Activities P Fitness Log Last Day of School	Teacher Workday		

6th Grade Virtual	P Cardio Boxing 6.3 P Fitness Log	P Pick your Favorite workout or Activity P Fitness Log Last Day of School	Teacher Workday		
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Week of 5/31/2021-Be prepared to go outside!

CLASS	Monday	Tuesday-	Wednesday	Thursday	Friday
6th Grade	No School Memorial Day	P Football Day 8 Flag Football Q4 P Fitness Log	P Base Games Day 8 Kickball P Fitness Log	P Soccer Day 7 Game P Fitness Log	P Cooperative Games Day#7 Walk YMCA P Fitness Logs
7th Grade	No School Memorial Day	P Football Day 8 Flag Football Q4 P Fitness Log	P Base Games Day 8 Kickball P Fitness Log	P Soccer Day 7 Game P Fitness Log	P Cooperative Games Day#7 Walk YMCA P Fitness Logs
8th Grade	No School Memorial Day	P Football Day 8 Flag Football Q4 P Fitness Log	P Base Games Day 8 Kickball P Fitness Log	P Soccer Day 7 Game P Fitness Log	P Cooperative Games Day#7 Walk YMCA P Fitness Logs

6th Grade Virtual	No School Memorial Day	P Tossing and Catching Tissue P Fitness Log	P Pick Your Favorite or Yoga Brain Power P Fitness Log	P Bottle Flip Soccer P Fitness Logs	P Alphabet Push Up Challenge Super Smash Bros P Fitness Logs
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Week of 5/24/2021-Be prepared to go outside!

CLASS	Monday	Tuesday-	Wednesday	Thursday	Friday
6th Grade	P Movement #17 P Fitness Logs	P Football Day 7 Flag Football Game Q3 P Fitness Log	P Base Games Day 7 Ragball P Fitness Log	SA Fitness Post Testing Push Ups Curl Ups Sit Reach SA CER Assessment	P Cooperative Games Day#6 Matball P Fitness Logs
7th Grade	P Movement #17 P Fitness Logs	P Football Day 7 Flag Football Game Q3 P Fitness Log	P Base Games Day 7 Ragball P Fitness Log	SA Fitness Post Testing Push Ups Curl Ups Sit Reach SA CER Assessment	P Cooperative Games Day#6 Matball P Fitness Logs
8th Grade	P Movement #17 P Fitness Logs	P Football Day 7 Flag Football Game Q3 P Fitness Log	P Base Games Day 7 Ragball P Fitness Log	SA Fitness Post Testing Push Ups Curl Ups Sit Reach	P Cooperative Games Day#6 Matball

				SA CER Assessment	P Fitness Logs
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6th Grade Virtual	P Cardio Boxing 5.3 P Fitness Log	P PE Games at Home P Fitness Log	P Pick your Favorite or Yoga PE Heart P Fitness Log	SA Fitness Post Testing Push Ups Curl Ups Sit Reach SA CER Assessment	P Juggling P Fitness Logs
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Week of 5/17/2021-Be prepared to go outside!

CLASS	Monday	Tuesday-	Wednesday	Thursday	Friday
6th Grade	P Movement #16 P Fitness Logs	P Football Day 6 Flag Football Mini Games P Fitness Log	P Base Games Day 6 Kickball P Fitness Log	P Soccer Day 6 Game P Fitness Log	P Cooperative Games Day#5 Matball P Fitness Logs
7th Grade	P Movement #16 P Fitness Logs	P Football Day 6 Flag Football Mini Games P Fitness Log	P Base Games Day 6 Kickball P Fitness Log	P Soccer Day 6 Game P Fitness Log	P Cooperative Games Day#5 Matball P Fitness Logs
8th Grade	P Movement #16 P Fitness Logs	P Football Day 6 Flag Football Mini Games P Fitness Log	P Base Games Day 6 Kickball P Fitness Log	P Soccer Day 6 Game P Fitness Log	P Cooperative Games Day#5 Matball P Fitness Logs

6th Grade Virtual	P Cardio Boxing 5.2 P Fitness Log	P Garbage Can Baseball (Need partner) P Fitness Log	P Colborn Strength and Cardio Yoga PE Body P Fitness Log	P Soccer Zigzag Challenge P Fitness Logs	P Sock Catcher Challenge P Fitness Logs
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Week of 5/10/2021-Be prepared to go outside!

CLASS	Monday	Tuesday-	Wednesday	Thursday	Friday
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6th Grade	P Movement #15 P Fitness Logs	P Football Day 5 Flag Football Game Q2 P Fitness Log	P Base Games Day 5 Ragball P Fitness Log	P Soccer Day 5 Game P Fitness Log	P Cooperative Games Day#4 Matball P Fitness Logs
7th Grade	P Movement #15 P Fitness Logs	P Football Day 5 Flag Football Game Q2 P Fitness Log	P Base Games Day 5 Ragball P Fitness Log	P Soccer Day 5 Game P Fitness Log	P Cooperative Games Day#4 Matball P Fitness Logs
8th Grade	P Movement #15 P Fitness Logs	P Football Day 5 Flag Football Game Q2 P Fitness Log	P Base Games Day 5 Ragball P Fitness Log	P Soccer Day 5 Game P Fitness Log	P Cooperative Games Day#4 Matball P Fitness Logs

6th Grade Virtual	P Cardio Boxing 5.1 P Fitness Log	P Football Throwing Game P Fitness Log	P Star Wars Yoga PE Mind P Fitness Log	P Soccer Skills! P Fitness Logs	P Spinning Paper Challenge P Fitness Logs
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Week of 5/03/2021-Be prepared to go outside!

CLASS	Monday	Tuesday-	Wednesday	Thursday	Friday
6th Grade	P Movement #14 P Fitness Logs	P Football Day 4 Flag Football Game Q1 P Fitness Log	P Base Games Day 4 All Run softball-Pitch P Fitness Log	P Soccer Day 4 Indoor Game P Fitness Log	No School Teacher Workday
7th Grade	P Movement #14 P Fitness Logs	P Football Day 4 Flag Football Game Q1 P Fitness Log	P Base Games Day 4 All Run softball-Pitch P Fitness Log	P Soccer Day 4 Indoor Game P Fitness Log	No School Teacher Workday
8th Grade	P Movement #14 P Fitness Logs	P Football Day 3 Flag Football Game Q1 P Fitness Log	P Base Games Day 4 All Run softball-Pitch P Fitness Log	P Soccer Day 4 Indoor Game P Fitness Log	No School Teacher Workday

6th Grade Virtual	P Cardio Boxing 4.3 P Fitness Log	P Baseball or Softball P Fitness Log	P Jurassic World Workout Colborn-Pushups Squats Planks P Fitness Log	P Soccer #4 Soccer Basketball P Fitness Logs	No School Teacher Workday
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Week of 4/26/2021-Be prepared to go outside!

CLASS	Monday	Tuesday-	Wednesday	Thursday	Friday
6th Grade	P Movement #13 P Fitness Logs	P Football Day 3 Flag Football Game P Fitness Log	P Base Games Day 3 All Run softball P Fitness Log	P Soccer Day 3 Mini Games P Fitness Log	P Cooperative Games #3 Matball P Fitness Logs
7th Grade	P Movement #13 P Fitness Logs	P Football Day 3 Flag Football Game P Fitness Log	P Base Games Day 3 All Run softball P Fitness Log	P Soccer Day 3 Mini Games P Fitness Log	P Cooperative Games #3 Matball P Fitness Logs
8th Grade	P Movement #13 P Fitness Logs	P Football Day 3 Flag Football Game P Fitness Log Period 2 Testing	P Base Games Day 3 All Run softball P Fitness Log Period 2 Testing	P Soccer Day 3 Mini Games P Fitness Log Period 2 Testing	P Cooperative Games #3 Matball P Fitness Logs

6th Grade Virtual	P Cardio Boxing 4.2 P Fitness Log	P Baseball Baseball Skills P Fitness Log	P Workout Harry Potter 2 Stretches P Fitness Log	P Soccer #4 Soccer Bowling P Fitness Logs	P Cooperative Games Rock Paper Scissors Challenge P Fitness Logs
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Week of 4/19/2021-Be prepared to go outside!

CLASS	Monday	Tuesday-	Wednesday	Thursday	Friday
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6th Grade	P Movement #12 P Fitness Logs	P Football Day 2 Volleyball Game P Fitness Log	P Base Games Day 2 Softball Indoor P Fitness Log	P Soccer Day 2 Mini Games P Fitness Log	P Cooperative Games #2 Ultimate Frisbee P Fitness Logs
7th Grade	P Movement #12 P Fitness Logs	P Football Day 2 Volleyball Game P Fitness Log	P Base Games Day 2 Indoor softball P Fitness Log	P Soccer Day 2 Mini Games P Fitness Log	P Cooperative Games #2 Ultimate Frisbee P Fitness Logs
8th Grade	P Movement #12 P Fitness Logs	P Football Day 2 Volleyball Game P Fitness Log	P Base Games Day 2 Indoor softball P Fitness Log	P Soccer Day 2 Mini Games P Fitness Log	P Cooperative Games #2 Ultimate Frisbee P Fitness Logs

6th Grade Virtual	P Cardio Boxing 4.1 P Fitness Log	Testing In Class-Favorite Workout P Fitness Log	Testing In Class-Favorite Workout P Fitness Log	P Soccer #2 Soccer Speed Challenge P Fitness Logs	P Cooperative Games Homemade Frisbee Fling P Fitness Logs
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Week of 4/12/2021-Be prepared to go outside!

CLASS	Monday	Tuesday-	Wednesday	Thursday	Friday
6th Grade	P Movement #11 P Fitness Logs	P Football Day 1 Ultimate P Fitness Log	P Base Games Kickball P Fitness Log	P Soccer Day 1 Skill Work-Shooting P Fitness Log	P Cooperative Games #1 4 Square P Fitness Logs
7th Grade	P Movement #11 P Fitness Logs	P Football Day 1 Ultimate P Fitness Log	P Base Games Kickball P Fitness Log Per 1 Testing No Class	P Soccer Day 1 Skill Work-Shooting P Fitness Log Per 1 Testing No Class	P Cooperative Games #1 4 Square P Fitness Logs
8th Grade	P Movement #11 P Fitness Logs	P Football Day 1 Ultimate P Fitness Log	P Base Games Kickball P Fitness Log	P Soccer Day 1 Skill Work-Shooting P Fitness Log	P Cooperative Games #1 4 Square P Fitness Logs

6th Grade Virtual	Review Expectations P Cardio Boxing 1.1 P Fitness Log	P Sock Ball Baseball P Fitness Logs	P Justice League Workout Push Up Challenges P Fitness Logs	P Cup Soccer Stack Challenge P Fitness Logs	P Flying Paper Ring P Fitness Logs
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Week of 3/29/2021-Be prepared to go outside!

CLASS	Monday	Tuesday-	Wednesday	Thursday	Friday
6th Grade	A Mid Fitness Testing Push Ups, Curl Ups Sit and Reach P Fitness Assessment	P Football #2 Flag Football Game P Fitness Log	P Movement #10 P Fitness Logs	NO School Teacher Workday	No School Spring Break
7th Grade	A Mid Fitness Testing Push Ups, Curl Ups Sit and Reach P Fitness Assessment	P Football #2 Flag Football Game P Fitness Log	P Movement #10 P Fitness Logs	NO School Teacher Workday	No School Spring Break
8th Grade	A Mid Fitness Testing Push Ups, Curl Ups Sit and Reach P Fitness Assessment	P Football #2 Flag Football Game P Fitness Log	P Movement #10 P Fitness Logs	NO School Teacher Workday	No School Spring Break

6th Grade Virtual	A Mid Fitness Testing Push Ups, Curl Ups A Fitness Assessment A Fitness Log	P Volleyball #2 ABC Volleyball P Fitness Log	P Cardio Boxing 3.3 P Fitness Log	NO School Teacher Workday	No School Spring Break
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Week of 3/22/2021-Be prepared to go outside!

CLASS	Monday	Tuesday-	Wednesday	Thursday	Friday
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6th Grade	P Football #1 Ultimate P Fitness Log	P Weightroom #9 Outside Fitness Walk P Fitness Log	P Team Handball #5 Toss/Frisbee Nightmare P Fitness Logs	P Movement #9 P Fitness Logs	P Volleyball #1 Spikeball P Fitness Log
7th Grade	P Football #1 Ultimate P Fitness Log	P Weightroom #9 Outside Fitness Walk P Fitness Log	P Team Handball #5 Toss/Frisbee Nightmare P Fitness Logs	P Movement #9 P Fitness Logs	P Volleyball #1 Spikeball P Fitness Log
8th Grade	P Football #1 Ultimate P Fitness Log	P Weightroom #9 Outside Fitness Walk P Fitness Log	P Team Handball #5 Toss/Frisbee Nightmare P Fitness Logs	P Movement #9 P Fitness Logs	P Volleyball #1 Spikeball P Fitness Log

6th Grade Virtual	P Hockey #4 Bottle Flip Hockey P Fitness Logs	P Fitness Workout #11 Pokemon Fitness Flexibility Challenges P Fitness Log	P Team Handball #5 Rolling Towel Flip Challenge P Fitness Log	P Cardio Boxing 3.2 P Fitness Logs	P Sock Ball Volleyball Skills P Fitness Logs
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Week of 3/15/2021-Be prepared to go outside!

CLASS	Monday	Tuesday-	Wednesday	Thursday	Friday
6th Grade	P Movement #8 P Fitness Logs	P Hockey #3 Games P Fitness Log	P Weightroom #8 Cardio Video Weights P Fitness Log	P Team Handball #4 Games P Fitness Logs	P Movement #9 P Fitness Logs
7th Grade	P Movement #8 P Fitness Logs	P Hockey #3 Games P Fitness Log	P Weightroom #8 Cardio Video Weights P Fitness Log	P Team Handball #4 Games P Fitness Logs	P Movement #9 P Fitness Logs
8th Grade	P Movement #8 P Fitness Logs	P Hockey #3 Games P Fitness Log	P Weightroom #8 Cardio Video Weights P Fitness Log	P Team Handball #4 Games P Fitness Logs	P Movement #9 P Fitness Logs

6th Grade Virtual	P Cardio Boxing 3.1 P Fitness Logs	P Hockey #3 Table Hockey or Broom & Sock Activity 3 P Fitness Log	P Fitness Workout #10 St Patricks Day Fitness Challenge Push Ups P Fitness Log	P Team Handball #4 Lucky Coin Throw P Fitness Log	P Colborn Fitness P Fitness Logs
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Week of 3/8/2021-Be prepared to go outside!

CLASS	Monday	Tuesday-	Wednesday	Thursday	Friday
6th Grade	P Team Handball #2 Basketball Version P Fitness Logs	P Movement #7 P Fitness Log	P Hockey #2 Games P Fitness Log	P Weightroom #6 Cardio, Video, Weights P Fitness Logs	P Team Handball #3 Castleball P Fitness Logs
7th Grade	P Team Handball #2 Basketball Version P Fitness Logs	P Movement #7 P Fitness Log	P Hockey #2 Games P Fitness Log	P Weightroom #6 Cardio, Video, Weights P Fitness Logs	P Team Handball #3 Castleball P Fitness Logs
8th Grade	P Team Handball #2 Basketball Version P Fitness Logs	P Movement #7 P Fitness Log	P Hockey #2 Games P Fitness Log	P Weightroom #6 Cardio, Video, Weights P Fitness Logs	P Team Handball #3 Castleball P Fitness Logs

6th Grade Virtual	P Handball #2 Wall Ball Challenge P Fitness Logs	P Cardio Boxing 2.3 P Fitness Log	P Hockey #2 Figure 8 Stick Handling P Fitness Log	P Fitness Workout #9 Harry Potter Workout Ab Challenges P Fitness Log	P Handball #3 Move up Toss Challenge P Fitness Logs
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Week of 3/1/2021

CLASS	Monday	Tuesday-	Wednesday	Thursday	Friday
6th Grade	P Weightroom #5 Cardio, Video, Weights P Fitness Logs	P Team Handball #1 P Fitness Log	P Movement #6 P Fitness Log	P Hockey #1 Games P Fitness Logs	P Weightroom #6 Cardio, Video, Weights P Fitness Logs
7th Grade	P Weightroom #5 Cardio, Video, Weights P Fitness Logs	P Team Handball #1 P Fitness Log	P Movement #6 P Fitness Log	P Hockey #1 Games P Fitness Logs	P Weightroom #6 Cardio, Video, Weights P Fitness Logs
8th Grade	P Weightroom #5 Cardio, Video, Weights P Fitness Logs	P Team Handball #1 P Fitness Log	P Movement #6 P Fitness Log	P Hockey #1 Games P Fitness Logs	P Weightroom #6 Cardio, Video, Weights P Fitness Logs

6th Grade Virtual	P Fitness Workout #8 Simpsons Fitness Workout Sun Salutations Stretches P Fitness Logs	P Handball #1 Overhand Underhand Challenge P Fitness Log	P Cardio Boxing 2.2 P Fitness Log	P Hockey #1 Broom and Sock Ball 1 P Fitness Log	P Fitness Workout #8 Video Games Workout Push Up Challenges P Fitness Logs
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Week of 2/22/2021					
CLASS	Monday	Tuesday-	Wednesday	Thursday	Friday
6th Grade	P Weightroom #4 Cardio, Video, Weights P Fitness Logs	P Basketball #6 Games P Fitness Log	P Movement #5 P Fitness Log	P Pickleball #6 Games P Fitness Logwe	No School Teacher Workday
7th Grade	P Weightroom #4 Cardio, Video, Weights P Fitness Logs	P Basketball #6 Games P Fitness Log	P Movement #5 P Fitness Log	P Badminton #6 Games P Fitness Log	No School Teacher Workday

8th Grade	P Weightroom #4 Cardio, Video, Weights P Fitness Logs	P Basketball #6 Games P Fitness Log	P Movement #5 P Fitness Log	P Badminton #6 Games P Fitness Log	No School Teacher Workday
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6th Grade Virtual	P Fitness Workout #7 Fortnite Fitness Workout Legs of Steel Challenge P Fitness Logs	P Basketball #4 Hot Shot Challenge P Fitness Log	P Cardio Boxing 2.1 P Fitness Log	P Pickleball #5 Recycling Badminton at Home P Fitness Log	No School Teacher Workday
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Week of 2/15/2021					
CLASS	Monday	Tuesday-Virt	Wednesday	Thursday	Friday
6th Grade	P Pickleball #4 Games P Fitness Log	P Fitness Workout #1 Superhero Workout Ab Challenge P Fitness Log	P Basketball #5 Games P Fitness Log	P Movement #4 P Fitness Log	P Pickleball #5 Games P Fitness Log
7th Grade	P Badminton #4 Games P Fitness Log	P Fitness Workout #1 Superhero Workout Ab Challenge P Fitness Logs	P Basketball #5 Games P Fitness Log	P Movement #4 P Fitness Log	P Badminton #5 Games P Fitness Log
8th Grade	P Badminton #4 Games P Fitness Log	P Fitness Workout #1 Superhero Workout Ab Challenge P Fitness Log	P Basketball #5 Games P Fitness Log	P Movement #4 P Fitness Log	P Badminton #5 Games P Fitness Log

6th Grade Virtual	P Pickleball #3 Balloon and Laundry Basket Games P Fitness Logs	P Fitness Workout #7 Star Wars Workout Ab Challenge P Fitness Log	P Basketball #3 Shooting Game Score 8 P Fitness Log	P Cardio Boxing 1.3 P Fitness Log	P Pickleball #4 Bop It Challenge
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Week of 2/8/2021

CLASS	Monday	Tuesday-	Wednesday	Thursday	Friday
6th Grade	P Movement #2 P Fitness Log	P Pickleball #3 Games P Fitness Log	P Weightroom #3 Cardio, Video, Weights P Fitness Logs	P Basketball #4 Games P Fitness Log	P Movement #3 P Fitness Log
7th Grade	P Movement #2 P Fitness Log	P Badminton #3 Games P Fitness Log	P Weightroom #3 Cardio, Video, Weights P Fitness Logs	P Basketball #4 Games P Fitness Log	P Movement #3 P Fitness Log
8th Grade	P Movement #2 P Fitness Log	P Badminton #3 Games P Fitness Log	P Weightroom #3 Cardio, Video, Weights P Fitness Logs	P Basketball #4 Games P Fitness Log	P Movement #3 P Fitness Log

6th Grade Virtual Fitness Week	P Cardio Boxing 1.2 P Fitness Log	P Fitness Workout #4 Super Hero Workout III P Fitness Log	P Fitness Workout #5 Colborn Kickboxing P1 P Fitness Log	P Fitness Workout #6 Colborn Kickboxing P2 or Colborn Fitness Workout P Fitness Log	P Juggling P Fitness Log
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Week of 2/1/2021

CLASS	Monday	Tuesday-	Wednesday	Thursday	Friday
6th Grade	P Basketball #2 Basketball Skill Stations P Fitness Log	P Movement #1 P Fitness Log	P Pickleball #2 Games P Fitness Log	P Weightroom #2 Cardio, Video, Weights P Fitness Logs	P Basketball #3 Games P Fitness Log
7th Grade	P Basketball #2 Basketball Skill Stations P Fitness Log	P Movement #1 P Fitness Log	P Badminton #2 Games P Fitness Log	P Weightroom #2 Cardio, Video, Weights P Fitness Log	P Basketball #3 Games P Fitness Log

8th Grade	P Basketball #2 Basketball Skill Stations P Fitness Log	P Movement #1 P Fitness Log	P Badminton #2 Games P Fitness Log	P Weightroom #2 Cardio, Video, Weights P Fitness Logs	P Basketball #3 Games P Fitness Log
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6th Grade Virtual	P Basketball #2 Ball Handling Video Basketball Strength P Fitness Log	P Beachbody Boxing Video Workout 1-1 P Fitness Log	P Pickleball #2 Paper Plate Tennis	P Fitness Workout #2 Superhero Workout #2 Ab Challenge P Fitness Log	P Water Bottle Flip Challenge P Fitness Log
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Week of 1/25/2021					
CLASS	Monday	Tuesday-Virt	Wednesday	Thursday	Friday
6th Grade	Welcome! Attendance Spots Rules and Routines Safety Procedures Equipment Syllabus	P Basketball #1 Basketball Sock Challenge P Fitness Log	FA Pre Fitness Testing Day 1 Push Ups, Curl Ups, Sit and Reach Fitness Testing Assessments P Fitness Log	P Pickleball #1 Pick Partners Practice Games P Fitness Logs	P Weightroom #1 Cardio, Video, Weights P Fitness Logs
7th Grade	Welcome! Attendance Spots Rules and Routines Safety Procedures Equipment Syllabus	P Basketball #1 Basketball Sock Challenge P Fitness Log	FA Pre Fitness Testing Day 1 Push Ups, Curl Ups, Sit and Reach Fitness Testing Assessments P Fitness Log	P Badminton #1 Pick Partners Practice Games P Fitness Logs	P Weightroom #1 Cardio, Video, Weights P Fitness Logs
8th Grade	Welcome! Attendance Spots Rules and Routines Safety Procedures Equipment Syllabus	P Basketball #1 Basketball Sock Challenge P Fitness Log	FA Pre Fitness Testing Day 1 Push Ups, Curl Ups, Sit and Reach Fitness Testing Assessments P Fitness Log	P Badminton #1 Pick Partners Practice Games P Fitness Logs	P Weightroom #1 Cardio, Video, Weights P Fitness Logs

6th Grade Virtual	Welcome! Rules and Routines	P Basketball #1 Basketball Sock	FA Pre Fitness Testing Day 1 Push Ups, Curl	Racquet #1 Paper Plate Racquet	P Fitness Workout #1 Superhero Workout
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	Syllabus High or Low Activity Icebreaker	Challenge P Fitness Log	Ups, Sit and Reach Fitness Testing Assessments P Fitness Log	and Balloon Games P Fitness Logs	P Fitness Log
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Week of 1/18/2021-In Person Format					
CLASS	Monday	Tuesday	Wednesday	Thursday	Friday
6th Grade	No School MLK Day	FA Post Fitness Testing P Fitness Log	P Pickleball #2 Games P Fitness Log	P Fitness #8 Lifting/Cardio/Video P Fitness Log	End of Semester No School Teacher Workday
7th Grade	No School MLK Day	FA Post Fitness Testing P Fitness Log	P Badminton #2 Games P Fitness Log	P Fitness #8 Lifting/Cardio/Video P Fitness Log	End of Semester No School Teacher Workday
8th Grade	No School MLK Day	FA Post Fitness Testing P Fitness Log	P Badminton #2 Games P Fitness Log	P Fitness #8 Lifting/Cardio/Video P Fitness Log	End of Semester No School Teacher Workday

Week of 1/11/2021-In Person Format					
CLASS	Monday	Tuesday	Wednesday	Thursday	Friday
6th Grade	P Basketball #6 Games P Fitness Log	P Movement Monday #10 P Fitness Log	P Pickleball #1 Skills/Practice P Fitness Log	P Fitness #7 Lifting/Cardio/Video P Fitness Log	P Basketball #7 Games P Fitness Log
7th Grade	P Basketball #6 Games P Fitness Log	P Movement Monday #10 P Fitness Log	P Badminton #1 Skills/Practice P Fitness Log	P Fitness #7 Lifting/Cardio/Video P Fitness Log	P Basketball #7 Games P Fitness Log

8th Grade	P Basketball #6 Games P Fitness Log	P Movement Monday #10 P Fitness Log	P Badminton #1 Skills/Practice P Fitness Log	P Fitness #7 Lifting/Cardio/Video P Fitness Log	FA Post Fitness Testing P Fitness Log

Week of 1/4/2021-All Virtual Format

CLASS	Monday	Tuesday	Wednesday	Thursday	Friday
6th Grade	P Cardio #5 Boxing 3-1 P Fitness Log	P Basketball #5 Basketball Sock Frenzy P Fitness Log Health 2021 Motivational Speech	P Fitness Workout #6 Star Wars Workout Ab Challenge P Fitness Log	P Hockey #3 Table Hockey or Broom & Sock Activity 3 P Fitness Log Health Health Triangle	P Cardio #6 Boxing 3-2 P Fitness Log
7th Grade	P Cardio #5 Boxing 3-1 P Fitness Log	P Basketball #5 Basketball Sock Frenzy P Fitness Log Health 2021 Motivational Speech	P Fitness Workout #6 Star Wars Workout Ab Challenge P Fitness Log	P Hockey #3 Table Hockey or Broom & Sock Activity 3 P Fitness Log Health Triangle	P Cardio #6 Boxing 3-2 P Fitness Log
8th Grade	P Cardio #5 Boxing 3-1 P Fitness Log	P Basketball #5 Basketball Sock Frenzy P Fitness Log Health 2021 Motivational Speech	P Fitness Workout #6 Star Wars Workout Ab Challenge P Fitness Log	P Hockey #3 Table Hockey or Broom & Sock Activity 3 P Fitness Log Health Triangle	P Cardio #6 Boxing 3-2 P Fitness Log

Week of 12/21/2020-All Virtual Format

CLASS	Monday	Tuesday	Wednesday	Thursday	Friday
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6th Grade	P Basketball #4 Hot Shot Challenge P Fitness Log Health Causes of Anxiety Depressions	P Cardio #4 Boxing 2-3 P Fitness Log	No School Winter Break	No School Winter Break	No School Winter Break
7th Grade	P Basketball #4 Hot Shot Challenge P Fitness Log Health Causes of Anxiety Depressions	P Cardio #4 Boxing 2-3 P Fitness Log	No School Winter Break	No School Winter Break	No School Winter Break
8th Grade	P Basketball #4 Hot Shot Challenge P Fitness Log Health Causes of Anxiety Depressions	P Cardio #4 Boxing 2-3 P Fitness Log	No School Winter Break	No School Winter Break	No School Winter Break

Week of 12/14/2020-All Virtual Format					
CLASS	Monday	Tuesday	Wednesday	Thursday	Friday
6th Grade	P Fitness Workout #3 Super Hero Workout III Ab Challenge P Fitness Log	P Basketball #3 Shooting Game Score 8 P Fitness Log Health MyPlate and Food Groups	P Cardio #4 Boxing 2-2 P Fitness Log	P Hockey #2 Figure 8 Stick Handling P Fitness Log Health Wellness Inventory	P Fitness Workout #4 Holiday Fitness Legs of Steel Challenge P Fitness Log
7th Grade	P Fitness Workout #3 Super Hero Workout III Ab Challenge P Fitness Log	P Basketball #3 Shooting Game Score 8 P Fitness Log Health MyPlate and Food Group	P Cardio #4 Boxing 2-2 P Fitness Log	P Hockey #2 Figure 8 Stick Handling P Fitness Log Health Wellness Inventory	P Fitness Workout #4 Holiday Fitness Legs of Steel Challenge P Fitness Log
8th Grade	P Fitness Workout #3 Super Hero Workout III	P Basketball #3 Shooting Game Score 8	P Cardio #4 Boxing 2-2 P Fitness Log	P Hockey #2 Figure 8 Stick Handling	P Fitness Workout #4 Holiday Fitness Legs of Steel

	Ab Challenge P Fitness Log	P Fitness Log Health MyPlate and Food Group	P Fitness Log Health Wellness Inventory	Challenge P Fitness Log
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Week of 12/07/2020-All Virtual Format

CLASS	Monday	Tuesday	Wednesday	Thursday	Friday
6th Grade	P Basketball #2 Ball Handling Video Basketball Strength P Fitness Log	P Fitness Workout #2 Superhero Workout #2 Ab Challenge P Fitness Log	Health Triangle P Volleyball #2 Cup Soccer Stack Challenge P Fitness Log	P Cardio #4 Boxing 2-1 P Fitness Log	P Hockey #1 Broom and Sock Ball 1 P Fitness Log
7th Grade	P Basketball #2 Ball Handling Video Basketball Strength P Fitness Log	P Fitness Workout #2 Superhero Workout #2 Ab Challenge P Fitness Log	Health Triangle P Volleyball #2 Cup Soccer Stack Challenge P Fitness Log	P Cardio #4 Boxing 2-1 P Fitness Log	P Hockey #1 Broom and Sock Ball 1 P Fitness Log
8th Grade	P Basketball #2 Ball Handling Video Basketball Strength P Fitness Log	P Fitness Workout #2 Superhero Workout #2 Ab Challenge P Fitness Log	Health Triangle P Volleyball #2 Cup Soccer Stack Challenge P Fitness Log	P Cardio #4 Boxing 2-1 P Fitness Log	P Hockey #1 Broom and Sock Ball 1 P Fitness Log

Week of 11/30/2020-All Virtual Format

CLASS	Monday	Tuesday	Wednesday	Thursday	Friday
6th Grade	P Cardio Workout #2 10 Rounds Boxing 1-2 P Fitness Log	P Basketball #1 Basketball Sock Challenge	P Fitness Workout #1 Superhero Workout P Fitness Log	P Volleyball #1 Sock Ball Volleyball Skills	P Cardio Workout #3 10 Rounds Boxing 1-3 P Fitness Log

		P Fitness Log		P Fitness Log	
7th Grade	P Cardio Workout #2 10 Rounds Boxing 1-2 P Fitness Log	P Basketball #1 Basketball Sock Challenge P Fitness Log	P Fitness Workout #1 Superhero Workout P Fitness Log	P Volleyball #1 Sock Ball Volleyball Skills P Fitness Log	P Cardio Workout #3 10 Rounds Boxing 1-3 P Fitness Log
8th Grade	P Cardio Workout #2 10 Rounds Boxing 1-2 P Fitness Log	P Basketball #1 Basketball Sock Challenge P Fitness Log	P Fitness Workout #1 Superhero Workout P Fitness Log	P Volleyball #1 Sock Ball Volleyball Skills P Fitness Log	P Cardio Workout #3 10 Rounds Boxing 1-3 P Fitness Log

Week of 11/23/2020					
CLASS	Monday	Tuesday	Wednesday	Thursday	Friday
6th Grade	P Movement Monday #9 P Fitness Log	P Teacher's Choice #9 P Fitness Log	½ Day AM P Teacher's Choice #10 P Fitness Log	No School Happy Thanksgiving Break	No School Happy Thanksgiving Break
7th Grade	P Movement Monday #9 P Fitness Log	P Teacher's Choice #9 P Fitness Log	½ Day AM P Teacher's Choice #10 P Fitness Log	No School Happy Thanksgiving Break	No School Happy Thanksgiving Break
8th Grade	P Movement Monday #9 P Fitness Log	P Teacher's Choice #9 P Fitness Log	½ Day AM P Teacher's Choice #10 P Fitness Log	No School Happy Thanksgiving Break	No School Happy Thanksgiving Break

Week of 11/23/2020

CLASS	Monday	Tuesday	Wednesday	Thursday	Friday
6th Grade	P Movement Monday #9 P Fitness Log	P Teacher's Choice #9 P Fitness Log	½ Day AM P Teacher's Choice #10 P Fitness Log	No School Happy Thanksgiving Break	No School Happy Thanksgiving Break
7th Grade	P Movement Monday #9 P Fitness Log	P Teacher's Choice #9 P Fitness Log	½ Day AM P Teacher's Choice #10 P Fitness Log	No School Happy Thanksgiving Break	No School Happy Thanksgiving Break
8th Grade	P Movement Monday #9 P Fitness Log	P Teacher's Choice #9 P Fitness Log	½ Day AM P Teacher's Choice #10 P Fitness Log	No School Happy Thanksgiving Break	No School Happy Thanksgiving Break

Week of 11/16/2020					
CLASS	Monday	Tuesday	Wednesday	Thursday	Friday
6th Grade	P Movement Monday #8 P Fitness Log	P Teacher's Choice #5 RagBall P Fitness Log	P Teacher's Choice #6 Flag Football P Fitness Log	P Teacher's Choice #6 Soccer Games P Fitness Log	P Teacher's Choice #8 Kickball P Fitness Log
7th Grade	P Movement Monday #8 P Fitness Log	P Teacher's Choice #5 RagBall P Fitness Log	P Teacher's Choice #6 Flag Football P Fitness Log	P Teacher's Choice #6 Soccer Games P Fitness Log	P Teacher's Choice #8 Kickball P Fitness Log
8th Grade	P Movement Monday #8 P Fitness Log	P Teacher's Choice #5 RagBall P Fitness Log	P Teacher's Choice #6 Flag Football P Fitness Log	P Teacher's Choice #6 Soccer Games P Fitness Log	P Teacher's Choice #8 Kickball P Fitness Log

Week of 11/9/2020

CLASS	Monday	Tuesday	Wednesday	Thursday	Friday
6th Grade	P Movement Monday #7 P Fitness Log	P Team Handball Day 1 P Fitness Log	P Team Handball Day 2 P Fitness Log	P Team Handball Day 3 P Fitness Log	P Team Handball Day 4 P Fitness Log
7th Grade	P Movement #7 P Fitness Log	P Team Handball Day 1 P Fitness Log	P Team Handball Day 2 P Fitness Log	P Team Handball Day 3 P Fitness Log	P Team Handball Day 4 P Fitness Log
8th Grade	P Movement #7 P Fitness Log	P Team Handball Day 1 P Fitness Log	P Team Handball Day 2 P Fitness Log	P Team Handball Day 3 P Fitness Log	P Team Handball Day 4 P Fitness Log

Week of 11/2/2020-Virtual!

Please see Google Classroom or Email for more info!

CLASS	Monday	Tuesday	Wednesday	Thursday	Friday
6th Grade	P Cardio Workout Colborn P Fitness Log	P Water Bottle Flip Challenge P Fitness Log	Midtest Fitness Testing Day 1 Push Ups and Curl Ups P Fitness Log	P Beachbody Boxing Video Workout P Fitness Log	P Sock Ball Flip Challenge P Fitness Log
7th Grade	P Cardio Workout Colborn P Fitness Log	P Water Bottle Flip Challenge P Fitness Log	Midtest Fitness Testing Day 1 Push Ups and Curl Ups P Fitness Log	P Beachbody Boxing Video Workout P Fitness Log	P Sock Ball Flip Challenge P Fitness Log

8th Grade	P Cardio Workout Colborn P Fitness Log	P Water Bottle Flip Challenge P Fitness Log	Midtest Fitness Testing Day 1 Push Ups and Curl Ups P Fitness Log	P Beachbody Boxing Video Workout P Fitness Log	P Sock Ball Flip Challenge P Fitness Log
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Week of 10/26/2020-Based on good weather

CLASS	Monday	Tuesday	Wednesday	Thursday	Friday
6th Grade	P Movement Monday #6 P Fitness Log	P Teacher's Choice Day 1 Football #5 Flag Football P Fitness Log	P Teacher's Choice Day 2 World Cup Soccer P Fitness Log	P Teacher's Choice Day 3 Baseball Game P Fitness Log	No School End of Quarter
7th Grade	P Movement #6 P Fitness Log	P Teacher's Choice Day 1 Football #5 Flag Football P Fitness Log	P Teacher's Choice Day 2 World Cup Soccer P Fitness Log	P Teacher's Choice Day 3 Baseball Game P Fitness Log	No School End of Quarter
8th Grade	P Movement #6 P Fitness Log	P Teacher's Choice Day 1 Football #5 Flag Football P Fitness Log	P Teacher's Choice Day 2 World Cup Soccer P Fitness Log	P Teacher's Choice Day 3 Baseball Game P Fitness Log	No School End of Quarter

Week of 10/19/2020

CLASS	Monday	Tuesday	Wednesday	Thursday	Friday
6th Grade	P Movement Monday #5 P Fitness Log	P Spikeball #1 Pick Teams/Practice Games P Fitness Log	P Spikeball #2 Tournament Games P Fitness Log	P Spikeball #3 Tournament Games P Fitness Log	P Spikeball #4 Tournament Playoffs P Fitness Log

7th Grade	P Movement Monday #5 P Fitness Log	P Spikeball #1 Pick Teams/Practice Games P Fitness Log	P Spikeball #2 Tournament Games P Fitness Log	P Spikeball #3 Tournament Games P Fitness Log	P Spikeball #4 Tournament Playoffs P Fitness Log
8th Grade	P Movement Monday #5 P Fitness Log	P Spikeball #1 Pick Teams/Practice Games P Fitness Log	P Spikeball #2 Tournament Games P Fitness Log	P Spikeball #3 Tournament Games P Fitness Log	P Spikeball #4 Tournament Playoffs P Fitness Log

Week of 10/12/2020					
CLASS	Monday	Tuesday	Wednesday	Thursday	Friday
6th Grade	P Movement Monday #4 P Fitness Log	P Base Games All Run Softball Day 1 P Fitness Log	P Base Games Kickball Day 2 P Fitness Log	P Base Games Rag Ball Day 3 P Fitness Log	P Base Games Matball Day 4 P Fitness Log
7th Grade	P Movement Monday #4 P Fitness Log	P Base Games All Run Softball Day 1 P Fitness Log	P Base Games Kickball Day 2 P Fitness Log	P Base Games Rag Ball Day 3 P Fitness Log	P Base Games Matball Day 4 P Fitness Log
8th Grade	P Movement Monday #4 P Fitness Log	P Base Games All Run Softball Day 1 P Fitness Log	P Base Games Kickball Day 2 P Fitness Log	P Base Games Rag Ball Day 3 P Fitness Log	P Base Games Matball Day 4 P Fitness Log

Week of 10/5/2020					
CLASS	Monday	Tuesday	Wednesday	Thursday	Friday
6th Grade	P Movement Monday #3	P Cooperative Games Day 1	P Cooperative Games Day 2	P Cooperative Games Day 3	No School Professional

	P Fitness Log	P Fitness Log	P Fitness Log	P Fitness Log	Development
7th Grade	P Movement Monday #3 P Fitness Log	P Cooperative Games Day 1 P Fitness Log	P Cooperative Games Day 2 P Fitness Log	P Cooperative Games Day 3 P Fitness Log	No School Professional Development
8th Grade	P Movement Monday #3 P Fitness Log	P Cooperative Games Day 1 P Fitness Log	P Cooperative Games Day 2 P Fitness Log	P Cooperative Games Day 3 P Fitness Log	No School Professional Development

Week of 9/28/2020					
CLASS	Monday	Tuesday	Wednesday	Thursday	Friday
6th Grade	P Movement Monday #2 P Fitness Log	P Soccer Day 1 Morning Skill Work P Fitness Log	P Soccer Day 2 Morning Lead up Games P Fitness Log	P Soccer Day 3 Mini Games Morning P Fitness Log	P Soccer Day 4 Morning P Fitness Log
7th Grade	P Movement Monday #2 P Fitness Log	P Soccer Day 1 Morning Skill Work P Fitness Log	P Soccer Day 2 Lead up Games P Fitness Log	P Soccer Day 3 Mini Games P Fitness Log	P Soccer Day 4 P Fitness Log
8th Grade	P Movement Monday #2 P Fitness Log	P Soccer Day 1 Morning Skill Work P Fitness Log	P Soccer Day 2 Lead up Games P Fitness Log	P Soccer Day 3 Mini Games P Fitness Log	P Soccer Day 4 P Fitness Log

Week of 9/21/2020					
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CLASS	Monday	Tuesday	Wednesday	Thursday	Friday
6th Grade	P Movement Monday #1 P Fitness Log	P Football Day 1 Skill Stations P Fitness Log	P Football Day 2 Ultimate Football P Fitness Log	P Football Day 3 Ultimate Football P Fitness Log	P Football Day 4 Ultimate Football P Fitness Log
7th Grade	P Movement Monday #1 P Fitness Log	P Football Day 1 Skill Stations P Fitness Log	P Football Day 2 Ultimate Football P Fitness Log	P Football Day 3 Ultimate Football P Fitness Log	P Football Day 4 Ultimate Football P Fitness Log
8th Grade	P Movement Monday #1 P Fitness Log	P Football Day 1 Skill Stations P Fitness Log	P Football Day 2 Ultimate Football P Fitness Log	P Football Day 3 Ultimate Football P Fitness Log	P Football Day 4 Ultimate Football P Fitness Log

Week of 9/14/2020					
CLASS	Monday	Tuesday	Wednesday	Thursday	Friday
6th Grade	Welcome! Attendance Spots Rules and Routines Safety Procedures Equipment	Google Classroom Activity Log Computer Icebreaker-Padlet	Pods Icebreaker-POD	Fitness Testing Day 1 Activity Log	Fitness Testing Assessments Nature Walk/Tour
7th Grade	Welcome! Attendance Spots Rules and Routines Safety Procedures Equipment	Google Classroom Activity Log Computer Icebreaker-Padlet	Pods Icebreaker-POD	Fitness Testing Day 1 Activity Log	Fitness Testing Assessments Nature Walk/Tour
8th Grade	Welcome! Attendance Spots Rules and Routines Safety Procedures Equipment	Google Classroom Activity Log Computer Icebreaker-Padlet	Pods Icebreaker-POD	Fitness Testing Day 1 Activity Log	Fitness Testing Assessments Nature Walk/Tour

