

**Yearly Plan**  
**Physical Education/Health Education**  
**Grade 8**  
**Souris School**

Month	Unit
September	1. Fitness 2. Dodgeball/Flag Football
October	1. Mini-Volleyball 2. Health Education
November	1. Cooperative Games 2. Mini-Olympics
December	1. Floor Hockey 2. Low Organized Games
January	1. Basketball 2. Health Education/Fitness#2
February	1. Games Unit 2. Outdoor Activities
March	1. Team Handball/Racquet Sports 2. Health Education
April	1. Speed Ball/Rhythmic Routines 2. Indoor Lacrosse/Ultimate
May	1. Slow Pitch/Fitness #3 2. Track and Field
June	1. Track and Field 2. Low Organized Games