Yearly Plan Physical Education/Health Education Grade 10 Souris School

Unit
1. Health Ed. (FITT
Principle)
2. Fitness #1
1. Mini-volleyball
2. Low Organized Games
1. Team Handball/Volleyball
2. Health Ed (Addictions)
1. Floor Hockey
2. Curling
1. Basketball
2. Fitness #2/Yoga
1. Health Ed (CPR)
2. Dance
1. Racquet Sports
(Badminton,Pickleball,
Paddleball)
2. Games Unit
1. Health Ed
(Wellness/Active Living)
2. Rhythmic Routines/Floor
Ball
1. Fitness #3
2. Slow Pitch/Indoor
Baseball
1. Ultimate Frisbee/Beach
Volleyball

2. Low Organized Games