

Yearly Plan
Physical Education/Health Education
Grade 10
Souris School

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

	2. Low Organized Games
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