

GCA 2026-27

6th Grade Physical Education/Health

Mrs. Seelbinder

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Week 4 (8/24-27)

<u>PE</u>	Activity/Objectives	Equipment/Technology
Monday	Muscle Monday	Outside
Tuesday	Sit n Reach	Outside
Wednesday	Curl-ups pre-test	Outside
Thursday	Fitnessgram Make-up/Exploratory Day	Outside

Week 3 (8/17-20)

<u>PE</u>	Activity/Objectives	Equipment/Technology
Monday	Muscle Monday	Outside

Tuesday	Map Testing/Exploratory Day	Outside
Wednesday	Push-up pre-test	Outside
Thursday	Fitnessgram Make-up/Exploratory Day	Outside

Week 2 (8/10-14)

<u>PE</u>	Activity/Objectives	Equipment/Technology
Monday	Muscle Monday	Outside
Tuesday	Map Testing/Exploratory Day	Outside
Wednesday	Pacer Pre-Test	Outside
Thursday	Fitnessgram Make-up/Exploratory Day	Outside

Week 1 (8/4-6)

<u>Health/PE</u>	Activity/Objectives	Equipment/Technology
Monday	No School	
Tuesday	Syllabus/Introductions/Procedures	Classroom

Wednesday	Review procedures Tour Human Bingo	Classroom
Thursday	Warmup spots	Outside