

PHYSICAL EDUCATION – LONG RANGE PLANS
GRADE 7 & 8 – 2012 – 2013

**TEACHERS: Mrs. Clarke, Mr. Cholach, Mrs. Lapan-Smith,
Mme. Latrille, Mr. Lantz**

Month	Gymnasium	Outside / Forum / Cottage	Fitness Runs
September	Track & Field	Track & Field	Outside weather permitting 10 min. fitness run
October	Track & Field Volleyball	Track & Field Circuit Training	15 min. fitness run
November	Volleyball	Circuit Training	20 min. fitness run
December	Basketball	Combatives	20 min. fitness run
January	Basketball	Combatives	20 min. fitness run
February	Stuntnastics		20 min. fitness run
March	Stuntnastics Mission Impossible		20 min. fitness run
April	Badminton	Dance	20 min. fitness run
May	Badminton Team Handball	Dance	25 min. fitness run
June	Lacrosse / Indoor Soccer	Softball / Outdoor Games	25 min. fitness run

Other: 2 enrichment activities will be scheduled for a week each at some point during the year (eg. Alien In Line/ Yoga/ Karate/ Hip Hop)