# Physical Education Schedule – PE 9 Blocks
## 2019-2020 (Norquay/Wilson)

**B1 Block: Wednesday, Thursday and every other Friday**

<table>
<thead>
<tr>
<th>Date</th>
<th>Physical Activity Focus</th>
<th>Health Theme</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sept 3-6</td>
<td>Fitness Assessments &amp; Minor Games</td>
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</tr>
<tr>
<td>Sept 9-13 *</td>
<td>Fitness Assessments &amp; Minor Games</td>
<td></td>
</tr>
<tr>
<td>Sept 16-20</td>
<td>Soccer &amp; Volleyball</td>
<td>Relationships between Health &amp; Activity</td>
</tr>
<tr>
<td>Sept 23-27*</td>
<td>Soccer &amp; Volleyball</td>
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<tr>
<td>Sept 30 – Oct 4</td>
<td>Soccer &amp; Volleyball</td>
<td>Barriers &amp; Lifelong Participation</td>
</tr>
<tr>
<td>Oct 7-11*</td>
<td>Softball &amp; Kickball</td>
<td>Media Influences</td>
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<tr>
<td>Oct 14-18</td>
<td>Softball &amp; Kickball</td>
<td></td>
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<tr>
<td>(No school Monday, October 14 )</td>
<td></td>
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<tr>
<td>Oct 21-25</td>
<td>Softball &amp; Kickball</td>
<td></td>
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<tr>
<td>(No school Friday, October 25 )</td>
<td></td>
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<tr>
<td>Oct 28 – Nov 1</td>
<td>Ringette &amp; Weight room Introduction</td>
<td>FITT, SAID, Specificity</td>
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<tr>
<td>Nov 4-8*</td>
<td>Ringette &amp; Weight room Introduction</td>
<td></td>
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<tr>
<td>(Term 1 ends)</td>
<td></td>
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<tr>
<td>Nov 11 -15</td>
<td>Dance</td>
<td>Emergency Response</td>
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<tr>
<td>(No school Monday, November 11 and term 2 starts)</td>
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<tr>
<td>Nov 18-22*</td>
<td>Dance</td>
<td></td>
</tr>
<tr>
<td>Nov 25-29</td>
<td>Dance</td>
<td>Safety Strategies</td>
</tr>
<tr>
<td>Dec 2-6*</td>
<td>Basketball Skills &amp; Drills</td>
<td>Consequences of Bullying</td>
</tr>
<tr>
<td>Dec 9-13</td>
<td>Basketball Skills &amp; Drills</td>
<td></td>
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<tr>
<td>Dec 16-20*</td>
<td>Wombly’s World &amp; Games</td>
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<tr>
<td>Jan 6-10</td>
<td>Basketball Scrimmages</td>
<td>Substance Use &amp; Abuse</td>
</tr>
<tr>
<td>Jan 13-17*</td>
<td>Basketball Scrimmages &amp; Fitness</td>
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<tr>
<td>Jan 20/21</td>
<td>Mixed Games</td>
<td>Stress, Anxiety &amp; Depression</td>
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<tr>
<td>(Classes end Jan 21, semester end Jan. 24)</td>
<td></td>
<td></td>
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<tr>
<td>Jan 27-31</td>
<td>Fitness &amp; Pickleball</td>
<td>Types of Physical Activity</td>
</tr>
<tr>
<td>Feb 3-7*</td>
<td>Fitness &amp; Pickleball</td>
<td></td>
</tr>
<tr>
<td>Feb 17-21</td>
<td>Fitness &amp; Pickleball</td>
<td>Exertion Levels</td>
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<tr>
<td>(No school February 17, Family Day)</td>
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<tr>
<td>Feb 24-28*</td>
<td>Handball &amp; Tchoukball</td>
<td>Healthy Relationships &amp; Consequences</td>
</tr>
<tr>
<td>March 2-6</td>
<td>Handball &amp; Tchoukball</td>
<td></td>
</tr>
<tr>
<td>Mar 9-13*</td>
<td>Handball &amp; Tchoukball</td>
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<tr>
<td>(March 13 last day of school)</td>
<td></td>
<td></td>
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<tr>
<td>March 30- April 3</td>
<td>Badminton &amp; Combatives</td>
<td>Healthy Relationships &amp; Consequences</td>
</tr>
<tr>
<td>April 6-10</td>
<td>Badminton &amp; Combatives</td>
<td></td>
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<tr>
<td>(April 10 is Good Friday)</td>
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<tr>
<td>Date Range</td>
<td>Activity 1</td>
<td>Activity 2 (Optional)</td>
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<td>----------------------------------------</td>
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<tr>
<td>April 13-17 (term 3 ends)</td>
<td>Badminton &amp; Combatives</td>
<td>Sources of Health Info</td>
</tr>
<tr>
<td>April 20-24 (April 20 no school for ProD) (term 4 begins)</td>
<td>Cooperative Games</td>
<td></td>
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<tr>
<td>April 27-May1</td>
<td>Cooperative Games</td>
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<tr>
<td>May 4-8*</td>
<td>Flag Football &amp; Ultimate Frisbee</td>
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<tr>
<td>May 11-15</td>
<td>Flag Football &amp; Ultimate Frisbee</td>
<td>Advocating for Health &amp; Well Being of Peers</td>
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<tr>
<td>May 18-22 (no 18)*</td>
<td>Track &amp; Field</td>
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<tr>
<td>May 25-29</td>
<td>Track &amp; Field</td>
<td>Identify &amp; Plan Physical Activity Goals</td>
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<tr>
<td>June 1-5*</td>
<td>Track &amp; Field &amp; Alternative Games</td>
<td></td>
</tr>
<tr>
<td>June 8-12</td>
<td>Year End Olympic Games</td>
<td>Stress, Anxiety &amp; Depression</td>
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<tr>
<td>June 15-19*</td>
<td>Fitness Testing</td>
<td></td>
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