

BLAZERS

ISAAC NEWTON PHYSICAL EDUCATION OUTLINE 2018-2019

DATE	ACTIVITY	DATE	ACTIVITY
Sep. 4-7	orientation/1600m run (15mins)	Jan. 28-Feb 1.	Sabakiball/Flickerball/Speedball
sep. 10-14	LOGS/Ultimate Football	Feb. 19-22	Beep Test 2/LOGS
Sep. 18-21	Flag FB/Outdoor Soccer	Feb. 25-Mar. 1	Recess Games
Sep. 24-28	Outdoor Soccer	March 4-15	Floor Hockey
Oct. 1-5	YOGA/ Fitness Room	March 18-22	Floor Hockey/LOGS
Oct. 9-12	Tripleball/Volleyball/walleyball/ Two Bounce VB	April 1-5	Beep Test #3/LOGS
Oct. 15-18	Tripleball/Volleyball/walleyball/Two Bounce VB	April 8-18	Tchoukball
Oct. 22-26	Tripleball/Volleyball/walleyball/Two Bounce VB	April 22-May 10	Track & Field
Oct. 29- Nov. 2	Beep test 1/LOGS	May 13-16	1600m Run/ Fitness Testing
Nov. 5-9	Basketball	May 17	IN Track & Field Day
nov. 12-16	Basketball	May 21-May 31	Ultimate
Nov. 19-23	Basketball/LOGS	June 3-14	SLO Pitch/Around the World/ Long Ball
Nov. 26-30	LOGS - Tag games - YOSHI/Prisoner's base/Mission Impossible Tag/Blob Tag/Colours	June 17-21	EXAM WEEK
Dec. 3-7	Fitness Testing (corporate relay)/LOGS	June 25	Athletic Banquet
Dec. 10-14	YOGA/ Fitness Room		
Dec. 17-21	LOGS Target games- Junkyard/Dodgeball/Lineball/Rampa ge/X's&O's/Swampball		
Jan. 7-25	Badminton/Table Tennis/Pickleball		

*Swimming Lessons will also be part of your Phys. Ed. Course. Participation is required for full marks

*Dates and activities are subject to change. This is used as a guideline ONLY.