11th & 12th Grade Curriculum Year 1

Each student will participate in a minimum of 2 activities in the list below.

Expect a minimum of 4 assessments per year.

*Activities chosen based on weather, equipment and facility availability.

Invasion Games

- Speedball
- •Ultimate frisbee
- Lacross
- Floor Hocker
- •Flag football
- •Indoor soccer

Fitness Activities

- Aquatics
- Yoga/Piliates
- Resistance training
- Adventure activities/games
- Aerobics/Zumba/Kickboxing
- Orienteering/geocaching
- Snoeshoeing

Target Games

- Backyard
 games
- Golf
- Dodgebal

Net/Wall Activities

- Badminton
- Pickleball
- VolleyballDodgeball

Fielding/Striking

- Softball
- •Tennis
- •Mat Ball/Kickball

11th & 12th Grade Curriculum Year 2

Each student will participate in a minimum of 2 activities in the list below. Expect a minimum of 4 assessments per year.

*Activities chosen based on weather, equipment and facility availability.

Invasion Games

- Socce
- Team Handball
- Field Hockey
- Baskethal
- Mat Ball/Kickbal
- Flag footbal

Fitness Activities

- Aquatic
- Dance
- Resistance training
- Adventure activities/game
- Hiking
- Track & Field
- Cross f

Target Games

- Archery
- Frisbee Golf
- Dodgeball

Net/Wall Activities

- Tenni
- Volleybal

Fielding/Striking

- Whiffleball
- •Tennis