9th & 10th 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

- •Team Handball
- Field Hockey
- Basketball
- Mat Ball/Kickball
- Flag football

Fitness Activities

- Aquatics
- Dance
- Resistance training
- Adventure activities/games
- Hiking
- Track & Field
- Cross fit

Target Games

- Archery
- Frisbee Golf
- Dodgeball

Net/Wall Activities

- Tennis

Fielding/Striking

- •Self Defense

9th & 10th 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

- Speedball
- Ultimate frisbee
- Lacrosse
- Floor Hockey
- •Flag football
- •Indoor soccer

Fitness Activities

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

Target Games

- Backyard
- Golf
- Dodgeball
- Fencing

Net/Wall Activities

- Badminton
- Pickleball
- Volleyball
- Dodgeball

Fielding/Striking

- •Mat Ball/Kickball