

DATE	UNIT 1	UNIT2	UNIT3
10/13-10/26	weight room	team building	ultimate frisbee
10/27-11/9	weight room	team building	ultimate frisbee
11/10-11/24	weight room	team building	ultimate frisbee
11/30-12/11	weight room	soccer	handball/whiffleball
12/14-1/6	weight room	soccer	handball/whiffleball
1/7-1/21	weight room	soccer	handball/whiffleball
2/1-2/12	weight room	badminton	floor hockey
2/22-3/4	weight room	badminton	floor hockey
3/7-3/18	weight room	badminton	floor hockey
3/21-4/11	weight room	lacrosse/pickleball	volleyball
4/12-4/26	weight room	lacrosse/pickleball	volleyball
4/27-5/10	weight room	lacrosse/pickleball	volleyball
5/11-6/13	weight room	fitness testing	fitness testing

team building activities: focusing on cooperation, leadership, self-confidence, teamwork
individual & team sports: history of the sport, game overview, skill practice, strategy, teamwork, game play, unit quizzes

units are chosen that focus on lifetime fitness