

J. McKeown HEALTH AND FITNESS WEEKLY SCHEDULE

Trimester 1

SUBJECT	LESSON/ASSIGNMENT
<p data-bbox="289 499 565 533" style="text-align: center;">HEALTH/FITNESS</p> <p data-bbox="107 556 394 583">NAME: Julie McKeown</p> <p data-bbox="107 600 467 630">EMAIL: jmckeown@psd1.org</p> <p data-bbox="107 646 378 674">PHONE: 509-547-4542</p> <p data-bbox="107 737 740 840">Daily Participation (20 pts/day): based on participation in warm-ups/activities, attitude, effort and sportsmanship.</p> <p data-bbox="107 856 724 1050">Make sure your student does 30 minutes of activity at home and completes a make up sheet, for each absence. Have them return the make-up sheet with your signature to verify they completed the activity to earn back missed points when they are absent.</p>	<p data-bbox="773 333 1487 501"><u>9/27-10/1 Final week of Team Handball- Students will be able to play other classes and well as choose to play competitive or recreational this week</u></p> <p data-bbox="773 558 1203 772"><u>10/4- 10-22 -Ultimate Frisbee</u> <u>Throwing skills</u> <u>Offense Defense</u> <u>Rules of the game</u> <u>King of the Field Tournament</u></p> <p data-bbox="773 829 1511 1087"><u>10/25-11/12</u> <u>As long as weather holds-(BRING A COAT)- otherwise we will move indoors and start an infectious diseases unit.</u> <u>They will have a choice of Soccer/Football/and possibly a net sport.</u></p> <p data-bbox="773 1144 1000 1220"><u>11/15-11/29</u> <u>Starting Health</u></p>