

9 th Grade Physical Education and Health Curriculum – meets every other day all year. There will be no Health classes the 1st quarter. All units will be covered in quarters 2-4.	10 th Grade Physical Education and Health Curriculum – meets every other day all year. There will be no Health classes the 1st quarter. All units will be covered in quarters 2-4.
<ul style="list-style-type: none"> - Flag Football - Fitness Testing - Soccer – Large Goals - Soggi Lawn Games- Lower Park <ul style="list-style-type: none"> 1. Croquet 2. Bocci 3. Bean bag/Ladder Ball 4. Horse shoes 5. Disc Golf 6. Sand VB 	<ul style="list-style-type: none"> - Flag Football - Fitness Testing - Soccer – Large Goals - Soggi Lawn Games- Lower Park <ul style="list-style-type: none"> 1. Croquet 2. Bocci 3. Bean bag/Ladder Ball 4. Horse shoes 5. Disc Golf 6. Sand VB
<ul style="list-style-type: none"> - Archery - Volleyball - Handball 	<ul style="list-style-type: none"> - Archery - Volleyball - Handball
<ul style="list-style-type: none"> - Floor hockey - Weight and Cardio Training - Hocker -Lacrosse - Field Hockey - Polo/Broomball 	<ul style="list-style-type: none"> - Floor hockey - Weight and Cardio Training - Hocker -Lacrosse - Field Hockey - Polo/Broomball
<ul style="list-style-type: none"> - Basketball - Indoor Baseball - Indoor soccer/handball 	<ul style="list-style-type: none"> - Basketball - Indoor Baseball - Indoor soccer/handball
<ul style="list-style-type: none"> - Badminton - Pickle ball - Table Tennis - Orienteering - Pedometers/Steps 	<ul style="list-style-type: none"> - Badminton - Pickle ball - Table Tennis - Orienteering - Pedometers/Steps
HEALTH	HEALTH
MENTAL HEALTH	INJURY PREVENTION
TOBACCO	ALCOHOL & OTHER DRUGS
FAMILY/SEXUAL HEALTH	NUTRITION
COMMUNITY/ENVIRONMENTAL HEALTH	PHYSICAL ACTIVITY
PHYSICAL ACTIVITY	PERSONAL & CONSUMER HEALTH

