

2019-2020 (Tentative) Phys Ed. Long Range Plans

	Sept	Oct	Nov	Dec	Jan	Feb	March	April	May	June
Gr. 1/2	Cooperative games/ relays/ tag games / RPS games -personal space, stopping and starting - rules and routines in the gym	Review Catching & Throwing Target & Fitness stations Target Games	Invasion Territory Soccer Skills Soccer/ Benchball	Drum Fit Target Floor Curling / beanbag bocce Target & Fitness stations	Scooter Games Omnikin Ball Games	Omnikin Ball Games Target & Fitness stations Junglesport Feb 24-28	Co-operative games/ relays/ tag TGFU Net Games	Net/Wall Wall Ball Parachute 4square Target & Fitness stations	Invasion Territory Capture the Flag	Striking/ Fielding Soccer Baseball Ultimate Kickball Target & Fitness stations
Gr. 3	Cooperative games/ relays/ tag / RPS games -personal space, stopping and starting - rules and routines in the gym	Review Catching & Throwing Target & Fitness stations Target Games Hoopster Handball	Invasion Territory Soccer Skills Soccer/ Benchball	Drum Fit Target Floor Curling / beanbag bocce Target & Fitness stations	Scooter Games Omnikin Games	Omnikin Games Target & Fitness stations	Co-operative games/ relays/ tag TGFU Net Games	Net/Wall Wall Ball Parachute 4square Target & Fitness stations	Track & Field Invasion Territory Capture the Flag	Striking/ Fielding Soccer Baseball Ultimate Kickball Target & Fitness stations
Gr.	Cooperative games /relays	Invasion Territory Ultimate Chicken	Fitness Assessment Target	Drum Fit Circuit	Net/Wall Badminton/	Scooter Hockey & Scooter Handball	Fitness Assessment Invasion	Invasion Territory Speedball	Track & Field Invasion	Invasion Territory Soccer

4/5	Invasion Territory Capture the Flag	Step Aerobics	Games Net/Wall Volleyball	Training Target Games	Pickleball	Circuit Training Junglesport Feb 24-28	Territory Basketball	Circuit Training	Territory Handball and/or Tchoukball	Ultimate Kickball Circuit Training & Fitness Assessment
Gr. 6	Cooperative games /relays Invasion Territory Flag Football Rugby	Invasion Territory Ultimate Frisbee Step Aerobics	Fitness Assessment Spikeball Net/Wall Volleyball	Net/Wall Badminton/ Pickleball Circuit Training Goal Setting	Invasion Territory Ball Hockey & Broomball	Invasion Territory Basketball Circuit Training Junglesport Feb 24-28	Striking / Fielding Cricket Skills KinBall Fitness Assessment	Invasion Territory Speedball Circuit Training	Track & Field Invasion Territory Handball and/or Tchoukball	Invasion Territory Soccer Ultimate Kickball Circuit Training & Fitness Assessment
Gr. 7/8	Cooperative games /relays Invasion Territory Flag Football Rugby	Invasion Territory Ultimate Frisbee Step Aerobics	Fitness Assessment Spikeball Net/Wall Volleyball	Net/Wall Badminton/ Pickleball Circuit Training Goal Setting	Invasion Territory Ball Hockey & Broomball	Invasion Territory Basketball Circuit Training Junglesport Feb 24-28	Striking / Fielding Cricket Skills KinBall Fitness Assessment	Invasion Territory Speedball Circuit Training	Track & Field Invasion Territory Handball and/or Tchoukball	Invasion Territory Soccer Ultimate Kickball Circuit Training & Fitness Assessment

Updated: Sept 2019