

## 2009 - 2010 Curriculum Guide

8/17	9/25	<b>1st</b>	<b>Grading</b>		
		13 Days	13 Days	N	August 17,18,19: Intro (Cards, Greenheet, Locker Assignment)
A	9TH	Swimming	PreTest/Fitness	O	August 20 - First Day of Suiting Up, August 24-28 Phys. Fit. Testing
B	9TH	PreTest/Fitness	Swimming	T	26 Teaching Days - Grading Period Ends 9/25/9
C	9TH	Tennis	CPR/FA	E	Freshmen Core = Physical Fitness PreTest/Two Days of TGFD
D	10TH	Flag Football	Ult.Frisbee/Rugby	S	Switch Date = 9/9/09
E	10TH	Volleyball	Volleyball		
9/28	10/30	<b>2nd</b>	<b>Grading</b>		
		13 Days	12 Days	N	9/28-10/30 with 25 Teaching Days
A	9TH	Badminton	Nutrition/Fitness	O	PSAT = 10/14 (30 Min. Classes??)
B	9TH	Tennis	CPR/FA	T	Freshmen Core=My Pyramid/Counting Calories/Food Log
C	9TH	Swimming	PreTest/Fitness	E	Switch Date -- 10/14/09
D	10TH	Court Hockey	Lacrosse	S	
E	10TH	Lacrosse	Court Hockey		
11/2	12/18	<b>3rd</b>	<b>Grading</b>		
		14 Days	13 Days	N	11/2-12/18 with 27 Teaching Days
A	9TH	CPR/FA	Tennis	O	Finals = 12/16,17,18 (Physical Fitness Testing)
B	9TH	Badminton	Nutrition/Fitness	T	11/10 = Staff Development;11/11=Vet's Day;11/26,27 Thanksgiving
C	9TH	Nutrition/Fitness	Badminton	E	Freshmen Core=My Pyramid/Counting Calories/Food Log
D	10TH	Soccer	Weight Training	S	Switch Date = 11/23
E	10TH	Weight Training	Soccer		
1/5	2/12	<b>4th</b>	<b>Grading</b>		
		14 Days	14 Days	N	1/5-2/12 with 28 Teaching Days/2/15-2/19 = Winter Break
A	9TH	Weight Training	Freshmen Core	O	1/18 MLK Day
B	9TH	Freshmen Core	Weight Training	T	Testing Days = 3/16 (Periods 1,2,3), 3/17 (Periods 4,5,6)
C	9TH	Fitness Games	Track	E	Freshmen Core=30 Day Plan Summary/BMI/Cardio/5 Comp. of PE
D	10TH	Indoor Basketball	Fitness	S	Sophomore Fitness = Performance Enhance/Product Aware/Fit. Games
E	10TH	Fitness	Indoor Basketball		Switch Date = 1/26
2/22	4/9	<b>5th</b>	<b>Grading</b>		
		15 Days	15 Days	N	2/22-4/9 with 34 Teaching Days/4/12-4/16 Spring Break
A	9TH	Archery	Freshmen Core	O	CAHSEE Testing Days = 3/16, 17
B	9TH	Fitness Games	Track	T	Sophomore Switch Date = 3/18
C	9TH	Weight Training	Freshmen Core	E	Freshmen Switch Date = 3/22
D	10TH	Volleyball	Volleyball	S	Freshmen Physical Fitness Testing 3/16-3/19
E	10TH	Flag Football	Ult. Frisbee		Freshmen Core= 30 Day Plan Due/Create Exercise/Product Awareness
4/19	6/3	<b>6th</b>	<b>Grading</b>		
		15 Days??	15 Days??	N	4/19-6/3 with 30 Teaching Days/5/31 Memorial Day
A	9TH	Fitness Games	Track	O	Switch Date = 5/10
B	9TH	Archery	Freshmen Core	T	Testing Days = 4/6-5/11(TBA!!!!)
C	9TH	Freshmen Core	Archery	E	5/28 Last Day to Dress
D	10TH	Softball	Badminton	S	5/31 Memorial Day
E	10TH	Badminton	Softball		6/1,2,3 Finals







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