

Mr. Fraser's
Physical Education
September 2009

Sept. 8	Boy PE Football and fitness workouts Instruction and practice on Basic skills Football: throwing, catching, and game strategy Volleyball: serving, bump/forehand pass, setting	Girls PE Volleyball
Sept. 9	Boy PE Football and fitness workouts Instruction and practice on Basic skills Football: throwing, catching, and game strategy Volleyball: serving, bump/forehand pass, setting	Girls PE Volleyball
Sept. 10	Boy PE Football and fitness workouts Tournament Play and Weight training	Girls PE Volleyball
Sept. 11	Boy PE Football and fitness workouts Tournament Play and Weight training	Girls PE Volleyball
Sept. 14	Boy PE Football and fitness workouts Tournament Play and Weight training	Girls PE Volleyball
Sept. 15	Boy PE Football and fitness workouts Tournament Play and Weight training	Girls PE Volleyball
Sept. 16	Boy PE Football and fitness workouts Tournament Play and Weight training	Girls PE Volleyball
Sept. 17	Boy PE Football and fitness workouts Tournament Play and Weight training	Girls PE Volleyball
Sept. 18	Boy PE Football and fitness workouts Tournament Play	Girls PE Volleyball
Sept. 21	Boy PE Football and fitness workouts	Girls PE Volleyball

	Tournament Play and Weight training	
Sept. 22	Boy PE Football and fitness workouts	Girls PE Volleyball
	Tournament Play and Weight training	
Sept. 23	Boy PE Football and fitness workouts	Girls PE Volleyball
	Tournament Play Max Lift Testing	
Sept. 24	Boy PE Football and fitness workouts	Girls PE Volleyball
	Tournament Play Max Lift Testing	
Sept. 25	Boy PE Football and fitness workouts	Girls PE Volleyball
	Tournament Play	
Sept. 28	Girls PE Football	Boys PE Volleyball and fitness workouts
	Instruction and practice on Basic skills	
	Football: throwing, catching, and game strategy	
	Volleyball: serving, bump/forehand pass, setting	
Sept. 29	Girls PE Football	Boys PE Volleyball and fitness workouts
	Instruction and practice on Basic skills	
	Football: throwing, catching, and game strategy	
	Volleyball: serving, bump/forehand pass, setting	
Sept. 30	Girls PE Football	Boys PE Volleyball and fitness training
	Tournament Play	
Oct. 1	Girls PE Football	Boys PE Volleyball and fitness training
	Tournament Play	
Oct. 2	Girls PE Football	Boys PE Volleyball and fitness training
	Tournament Play	
Oct. 5	Girls PE Football	Boys PE Volleyball and fitness training
	Tournament Play	
Oct. 6	Girls PE Football	Boys PE Volleyball and fitness training
	Tournament Play	

Oct. 7	Girls PE Football Tournament Play	Boys PE Volleyball and fitness training
Oct. 8	Girls PE Football Tournament Play	Boys PE Volleyball and fitness training
Oct. 9	Girls PE Football Tournament Play	Boys PE Volleyball and fitness training
Oct. 12	Girls PE Football Tournament Play	Boys PE Volleyball and fitness training
Oct. 13	Girls PE Football Tournament Play	Boys PE Volleyball and fitness training
Oct. 14	Girls PE Football Tournament Play	Boys PE Volleyball and fitness training
Oct. 15	Written Exam on first two units	
Oct. 16	Written Exam on first two units	

If a student is absent from class he/she has two class periods upon return to turn in a written report on any sport related article they read to earn back the participation points they lost for being absent.

If any student has a medical excuse they must also turn in a 1 page paper to receive the participation points for the days they are unable to participate.