Each student will participate in a minimum of 2 activities in the list below.
Expect a minimum of 4 assessments per year.


Fitness Activities

- Aquatics
- Dance
- Resistance training
- Adventure activities/games
- Hiking
- Track \& Field
- Cross fit
*Activities chosen based on weather, equipment and facility availability.


## Net/Wall <br> Activities

-Tennis

- Volleyball

Fielding/Striking
-Whiffleball
-Tennis

- Self Defense


## $9^{\text {th }} \& 10^{\text {th }}$ Grade Curriculum

## Year 2

Each student will participate in a minimum of 2 activities in the list below.
Expect a minimum of 4 assessments per year.


