

2024-2025 Projected Year Outline

Units + (potential skills focused games)

FALL (September - October)

- Procedures / Expectations
- Soccer (Indoor and/or outdoor)
- Fitness Testing (October): Mile Run, Push Ups, Flexibility, Standing Long Jump
- Wiffle Ball / Kickball
- Floor Hockey
- PACERS
- Misc. Games: Dodgeball, Container Ball, Capture the Flag, Cross the River, 4-Corner Capture the Flag, Sharks & Minnows, Long Ball, Kickball Dodgeball, Tag (various forms).

WINTER 1 (November - January)

- Spike Ball
- Badminton
- Kin Ball (Push / Strike / Catch)
- Indiana Jones
- Crab Soccer
- Volleyball
- Tchoukball
- Weight Room: Conditioning (No weights)
- PACERS
- Misc. Games: Dodgeball, Container Ball, Capture the Flag, Cross the River, 4-Corner Capture the Flag, Sharks & Minnows, Long Ball, Kickball Dodgeball, Tag (various forms).

WINTER 2 (February - April)

- Kickball
- Badminton
- Handball / SabakiBall
- Basketball (March Madness Free Throws / Knockout / Dribble Tag)
- Weight Room: Weights
- PACERS
- Misc. Games: Dodgeball, Container Ball, Capture the Flag, Cross the River, 4-Corner Capture the Flag, Sharks & Minnows, Long Ball, Kickball Dodgeball, Tag (various forms), Ultimate Handball, Ultimate Indoor Frisbee, Relay Races, R-P-S Wars

SPRING (April - June)

- PickleBall / Badminton
- Frisbee Golf / Ultimate Frisbee
- Flag Football: (Tail Tag / Dodgeball / Mat Ball / Perfect Pass / Football Frenzy / End Zone Trappers / Catch Relay / Capture the Flag Relay / Eraser Football / Flasketball)
- Spikeball

- Kickball
- Lacrosse Skills
- PACERS
- Fitness Testing (May)
- Misc. Games: Dodgeball, Container Ball, Capture the Flag, Cross the River, 4-Corner Capture the Flag, Sharks & Minnows, Long Ball, Kickball Dodgeball, Tag (various forms), Ultimate Handball, Ultimate Indoor Frisbee, Relay Races, R-P-S Wars