**8th grade Physical Education Curriculum**

Girls Boys

Lacrosse Ultimate Sports

Field Hockey Lacrosse

Coed Volleyball Coed Pickleball

Coed Pickleball Coed Volleyball

Fitness Center Basketball

Coed Team Building Coed Team Building

Fitness Testing Fitness Testing

Coop Games Coop Games

Basketball Strength Training

Mile Run Mile Run

Team Handball Team Handball

**7th grade Physical Education Curriculum**

Girls Boys

Soccer Football

Ultimate Sports Intro to Lacrosse

Basketball Strength & Conditioning

Strength & Conditioning Basketball

Team Handball Team Handball

Coed Team Building Coed Team Building

Canoeing Fitness Testing

Fitness Testing Canoeing

Intro to Lacrosse Indoor Soccer

Mile Run Mile Run

Wellness Unit Wellness Unit

**6th grade Physical Education Curriculum**

Girls Boys

Outdoor Fitness Outdoor Fitness

Field Hockey Intro to Soccer

Coed Volleyball Coed Pickleball

Coed Pickleball Coed Volleyball

Fitness Center Basketball

Coed Team Building Coed Team Building

Swimming Fitness Testing

Fitness Testing Swimming

Basketball Fitness Center

Mile Run Mile Run

Track and Field Track and Field