



Curriculum Themes

Tennis
Golf
Soccer
Dance

Noodles

Basketball

Volleyball

Bowling, Badminton, Lacrosse,

Field Hockey, Frisbee Skills, Jump Ropes, Fitness Runs, Fitness Gram Testing, Flexibility Balance Boards, Field Days

Bike Rides, Orienteering Nature Walks, Snow Shoes

Team Building Activities
Tagging & Fleeing Games
Team Handball
Track and Field
Basic Tumbling/Stunts
Rock Wall Climbing
Core Fitness

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Games
Rugby
Futsal
Tennis

Flag Football
Flag Football
Baseball
Kick Ball
Wiffleball
Eclipse Ball
Juggling
Pickleball

Flying Discs

Parachute, Relays, Stations

Physical Education & Health

Mr. Loustaunau - grades 3-8