

# Physical Education Activities

Frisbee Golf   Archery   Fitness   Soccer  
Basketball   Softball   Speedball  
Rec. Games   Tennis   Floor Hockey  
Ultimate Frisbee   Touch Football  
Team Handball   Core Training  
Volleyball   Weight Training

7<sup>th</sup> and 8<sup>th</sup> graders mixed

3 different activities per MP

Fitness component everyday DO NOW / SGO

# Physical Education Sgo

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