2025-2026 Fall Semester PE Assignment

8/5 Student Resume

8/11 career worksheet

8/18 CPR Worksheet

8/25 Fit Worksheet

9/8 Muscle Group Worksheet

9/15 Basketball Worksheet

9/22 Volleyball Worksheet

9/29 Fit GA Pre-Test

10/6 Sugar Article

10/20 Ultimate Frisbee

10/27 Fit GA Post-Test

11/3 Fit GA post test

11/10 Walk

11/17 Flag Football

12/1 Make up week

12/8 walk

12/15 Exams

**We walk each Wednesday for a grade**