

Middle School - Programme d'éducation physique et sportive- Physical Education program

Middle School Periods:	Performance Skills	Adapting movement to different types of environment	Individual and team activities involving cooperation and opposition	Creating and performing expressive, artistic or aesthetic activities
<i>1-September/October</i>	Fitness activities (cardiovascular, muscular, flexibility)		-Cooperative and team building activities -Ultimate Frisbee (throwing and catching)	
<i>2-November/December</i>	Fitness activities (cardiovascular, muscular, flexibility)		-Ultimate Frisbee (offensive and defensive strategies; games) <i>Level 2</i> -Soccer (offensive and defensive strategies; small and large sided games) <i>Level 3</i>	
<i>3-January/February</i>	Fitness activities (cardiovascular, muscular, flexibility)		-Basketball (dribbling, passing, shooting; offensive and defensive strategies; games) <i>Level 3</i> -Volleyball (bumping, setting, serving; offensive and defensive strategies; games) <i>Level 3</i> -Street Hockey (dribbling, passing, shooting; offensive and defensive strategies; games) <i>Level 3</i>	Tumbling, stunts, gymnastics skills (Level 3)
<i>4-March/April</i>	Track and Field Activities <i>Level 3</i> (long jump, sprinting, relay running)		-Flag Football and Rugby (throwing and catching; offensive and defensive strategies; games) <i>Level 2 and 3</i> -Racquet Games-Badminton/Table Tennis (serving, volleying; offensive and defensive strategies; games) <i>Level 3</i>	
<i>5-May/June</i>	Track and Field Activities <i>Level 3</i> (sprinting, endurance running, high jump)	Orientation Race	-Baseball/Softball (throwing, catching, hitting; small sided games) <i>Level 3</i>	Rhythm and Dance Activities (Level 3)