River Mill Academy

Health/Physical Education Pacing Guide: 9th Grade Fall

Coach Jones

8-12 to 8-16 Warm-up practice, Fitness Testing

8-19 to 8-23 Continue Fitness Testing and Workouts

8-26 to 8-30 Health/ Healthy Relationships

9-3 to 9-6 Miscellaneous Games

9-9 to 9-13 Volleyball

9-16 to 9-20 Soccer

9-23 to 9-27 Health/ Nutrition

9-30 to 10-3 Putt Putt

10-7 to 10-11 Basketball, Handball, Quadball

10-14 to 10-18 Basketball, Handball, Quadball

10-21 to 10-25 Health/ Alcohol, Tobacco, & Drugs

10-28 to 11-1 Health/ Alcohol, Tobacco, Drugs & Mid Term Fitness Testing

11-4 to 11-8 Softball

11-12 to 11-15 Bowling/ Progress Reports

11-18 to 11-22 Health CPR

11-25 to 11-27 Health CPR/ Fitness Workouts & Activities

12-2 to 12-6 Tennis, Ping Pong, & Badminton

12-9 to 12-13 Badminton/Health/ Human Growth, Development, STD and STI risks

12-16 to 12-18 Health Human Growth, Development, STD and STI risks/Fitness Test