**9th Grade Physical Education**

Physical Education grade will be determined by participation (50%), written tests (25%), team participation (15%), policies and guidelines (5%) and correct paperwork (5%)

Tuesday/Thursday/Friday team games which will include but not limited to: Badminton, Table Tennis, Pickleball, Racquetball, Floor Hockey, Team Handball, Indoor Soccer, Softball/Whiffleball, Volleyball, Basketball, Flag Football……..

Each Sport Unit will last 5-6 weeks while weight training will go throughout the semester.

Monday/Wednesday weight training will be done. For weight training each student will do: bench press and squats. Each student will then pick another 4 weight training exercises to be completed.

**Schedule for Tuesday/Thursday/Friday**

5 minutes Attendance

15 minutes Warm-up Activities

20 minutes Game

10 minutes Clean-up and shower

**Schedule for Monday/Wednesday**

5 minutes Attendance

5 minutes Warm-up Activities

30 minutes Weight Room

10 minutes Clean-up and Shower

**Warm-up Activities**

Let the Cards Decide