

11th & 12th Grade
Sandwich High School
Physical Education

Physical Activities

Flag Football
Speedball
Soccer
Flickerball
Badminton
Pickleball
Basketball
Volleyball
Square Dancing
Softball
Track and Field
Golf
Tennis
Ultimate Frisbee

Physical Fitness

Fitnessgram – Fitness Testing
Fitness Stations
Conditioning days

Unit Exams

Strategies
Rules
Regulations

Comprehensive Final Exams

Fall
Spring

11th & 12th Grade
Sandwich High School
Fitness & Conditioning

Fitness Components

Cardiovascular Endurance
Muscular Strength
Muscular Endurance
Flexibility
Body Composition

Bigger Faster Stronger Program

Core Lifts:

- 1.) Box Squat
- 2.) Towel Bench
- 3.) Dead-lift
- 4.) Power Clean
- 5.) Parallel Squat
- 6.) Bench Press

Auxiliary Lifts/Workouts:

Sport Specific
Dot Drill
Flexibility Program
Speed/Plyometrics
Conditioning

Comprehensive Final Exams

Fall
Spring