

9th Grade

Sandwich High School
Physical Education

Physical Activities

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

Physical Fitness

Fitnessgram – Fitness Testing
Fitness Stations
Conditioning days-Warm-Up Routines

Team Building

Group Activities
Team Sports

9th Grade

Sandwich High School
Physical Education

Individual Skills

Sport/Activity Specific

Cognitive Skills

Strategies
Rules
Regulations
Court/Field of Play

Unit Exams

Strategies
Rules
Regulations

Comprehensive Final Exams

Fall
Spring