

# Highschool P.E.

Full year/ trimester contained. 2022-2023

Ages 13 and up

Teachers: Carrie Borsman & Simeon Borsman

In this class students will get moving while having tons of fun! Each class will begin with a fun warm-up and stretching routine set to energetic music. Once students are warmed up and ready to go we will introduce a new **active** game we will play that week. Most of these games will not be the "typical sports" type of games but more unique and unconventional. This class is meant to be fun and active involving students at any level of athletic ability, as long as there is willingness to participate.

week 1: Octa-ball

week 2: 4-square

week 3: Capture the flag

week 4: Ultimate frisbee

week 5: Battleship

week 6: 9 square in the air

week 7: Prisoner's base

week 8: Kickball

week 9: Ultimate Ball