

	AUGUST	SEPTEMBER	OCTOBER	NOVEMBER
TEAM SPORTS	Volleyball		Field Games Part I	Basketball
FITNESS COMPONENT	Plyometrics Vertical Jump Assessment Tabata Monthly Fitness Test		FITT Principle Cardiorespiratory Endurance	Plyometrics Introduction to Calisthenics
WARMUPS	Teacher led Animal Movement Training Part I		Individual Student assigned	Student assigned
EVENTS/EXTRA CREDIT/ PROJECTS	Volleyball Technique Video Project		Maui Marathon / Aloha Classic Windsurfing Contest	
TEST	Written and Practical		Written	Written and Practical