

**CLASS OFFERINGS FOR KINETIC WELLNESS**

**CLASS CAPS ARE 36 UNLESS OTHERWISE STIPULATED**

**TERM 1**

<b><u>GRADE</u></b>	<b><u>ACTIVITIES</u></b>
9-10	FLAG FOOTBALL/FLICKERBAL/LACROSSE-CRICKET
9-10	SOCCER/FIELD HOCKEY/ULTIMATE FRISBEE-FROLF
11-12	FLAG FOOTBALL/TENNIS/LACROSSE
INDIVIDUAL 11-12	BOWLING/SOCCER-FITNESS <u>CLASS CAP-36</u>
INDIVIDUAL 11-12	BOWLING/TENNIS-FITNESS <u>CLASS CAP-36</u>
EXCEL	PER ATHLETIC DEPARTMENT RECOMMENDATION <u>CLASS CAP-30</u>
DANCE FITNESS	11-12 ONLY- <u>CLASS CAP-26</u>

**TERM 2**

9-10	BEGINNING AQUATICS/WRESTLING/FLOOR HOCKEY
9-10	VOLLEYBALL/TEAM HANDBALL/INDOOR SOCCER
11-12	VOLLEYBALL/INDOOR SOCCER/NET GAMES
INDIVIDUAL 11-12	BOWLING/FITNESS-BLOCKS 1 & 2 TWO CLASSES- <u>CLASS CAP-36</u> BLOCK 3-1 CLASS- <u>CLASS CAP-36</u> BLOCK 4- 2 CLASSES- <u>CLASS CAP-30 EACH CLASS</u>
EXCEL	PER ATHLETIC DEPARTMENT RECOMMENDATION <u>CLASS CAP-30</u>
DANCE FITNESS	11-12 ONLY- <u>CLASS CAP-26</u>

TERM 3

9-10	BASKETBALL/BEGINNING AQUATICS/FLOOR HOCKEY
9-10	TEAM HANDBALL/BASKETBALL/TUMBLING- WRESTLING
11-12	NET GAMES/FLOOR HOCKEY/BASKETBALL
INDIVIDUAL	BOWLING/FITNESS-BLOCKS 1 & 2-TWO CLASSES <u>CLASS CAP-36</u> BLOCK 3- <u>CLASS CAP 36</u> BLOCK 4-TWO CLASSES- <u>CLASS CAP-30 EACH CLASS</u>
EXCEL	PER ATHLETIC DEPARTMENT RECOMMENDATION <u>CLASS CAP 30</u>
DANCE FITNESS	11-12 ONLY- <u>CLASS CAP 26</u>

TERM 4

9-10	SOFTBALL/SOCCER/RAZZLE DAZZLE BALL
9-10	FRISBEE GAMES/IN-LINE SKATING/LACROSSE
11-12	TENNIS/IN-LINE SKATING/SOFTBALL
INDIVIDUAL 11-12	BOWLING/TENNIS-FITNESS- <u>CLASS CAP 36</u>
INDIVIDUAL 11-12	BOWLING/SOFTBALL-FITNESS- <u>CLASS CAP 36</u>
EXCEL	PER ATHLETIC DEPARTMENT RECOMMENDATION <u>CLASS CAP-30</u>

**CLASSROOM OFFERINGS:**

1. INTRODUCTION INTO SPORTS MEDICINE AND ATHLETIC TRAINING
2. ADVANCED STUDIES IN PHYSICAL EDUCATION AND WELLNESS FOR P.E. LEADERS
3. THEORY OF COACHING/OFFICIATING CLASS

