

Fort Richmond Collegiate 2019-2020 Physical Education Program

SEMESTER 2	Slot 3	Poperechny – 12 Hodges – 12 Bruckshaw – 11 Shiach – 10 Dirks – FF
February 7 – 24	Physical Activity Planning and Fitness Management	
February 25 & 28	<i>Mandatory Meetings and Workouts</i> Poperechny - ½ Gym Hodges - ½ Gym Bruckshaw – WR Dirks - MPR	
March 1 – March 8	Block 1: Badminton & Racket Sports “A” OR Yoga “A” OR Winter Activities (Shiach 10’s in R.T.) (Dirks FF – Classroom)	
March 9 – 10	<i>Mandatory Meetings and Workouts</i> Poperechny - WR Hodges – MPR Bruckshaw – ½ Gym Dirks - ½ Gym	
March 11-21	Block 2: Poperechny Gr. 12 CORE OR Indoor Soccer OR Spin & Circuits OR RT “A” (Dirks FF – Outside)	
March 22- 23	<i>Mandatory Meetings and Workouts</i> Poperechny - ½ Gym Hodges - ½ Gym Bruckshaw – MPR Dirks - WR	
March 24 – April 7	Block 3: Hodges Gr. 12 CORE OR Sports & Games OR Female Fitness OR Powerwalking (Dirks FF - WR)	
April 8 & 11	<i>Mandatory Meetings and Workouts</i> Poperechny - MPR Hodges – WR Bruckshaw – ½ Gym Dirks - ½ Gym	
April 12 – 20	Block 4: Instructor Directed Workouts “A” OR RT “B” (10’s in Wellness Unit – Classroom) (Dirks FF - Gym)	
April 21& 25	<i>Mandatory Meetings and Workouts</i> Poperechny - ½ Gym Hodges – PE Class Bruckshaw – WR Dirks - MPR	
April 26 – May 3	Block 5: Bruckshaw Gr. 11 CORE OR Table Tennis & Circuits OR Resistance Training “C” (10’s in Wellness Unit - Gym) (Dirks FF – Classroom*)	
May 4 – 5	<i>Mandatory Meetings and Workouts</i> Poperechny - WR Hodges – MPR Bruckshaw – ½ Gym Dirks - ½ Gym	
May 6 – 13	Block 6: Basketball OR Powerwalking OR Mental Wellness OR Golf & Disc Sports (Dirks FF – MPR)	
May 16-17	<i>Mandatory Meetings and Workouts</i> Poperechny - ½ Gym Hodges - ½ Gym Bruckshaw – MPR Dirks - WR	
May 18 – 26	Block 7: Dance OR Badminton & Racket Sports “B” OR Touch Football OR StressManagement (Dirks FF – WR)	
May 27, 30	<i>Mandatory Meetings and Workouts</i>	
May 31	Poperechny - MPR Hodges – WR Bruckshaw – ½ Gym Dirks - ½ Gym	
June 1 – 8	Block 8: Summer Activities (2 teachers) OR Instructor Directed Workouts “B” (Dirks FF – Gym)	
June 9 – 10	<i>Mandatory Meetings and Workouts</i> Poperechny - ½ Gym Hodges - ½ Gym Bruckshaw – WR Dirks - MPR	

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SEMESTER 2	Slot 6	Peters – 12 Dirks – 11 Bruckshaw – 10 Poperechny - PAT
February 7 – 24	Physical Activity Planning and Fitness Management	
February 25 & 28	<i>Mandatory Meetings and Workouts</i> Peters - Gym Dirks – WR Poperechny – MPR	
March 1 – 8	Block 1: Badminton & Racket Sports “A” OR Yoga “A” (Bruckshaw 10’s in R.T.) (Poperechny – Classroom)	
March 9 – 10	<i>Mandatory Meetings and Workouts</i> Peters - MPR Dirks – Gym Poperechny – WR	
March 11-21	Block 2: Peters Gr. 12 CORE OR Indoor Soccer OR Spin & Circuits (Poperechny PAT – WR)	
March 22- 23	<i>Mandatory Meetings and Workouts</i> Peters - WR Dirks – MPR Poperechny – Gym	
March 24 – April 7	Block 3: Dirks Gr. 11 CORE OR Sports & Games OR Female Fitness (Poperechny PAT – WR)	
April 8 & 11	<i>Mandatory Meetings and Workouts</i> Peters - Gym Dirks – WR Poperechny – MPR	
April 12 – 20	Block 4: Instructor Directed Workout “A” OR “RT A” (10’s in Wellness Unit – Classroom) (Poperechny PAT – Gym)	
April 21& 25	<i>Mandatory Meetings and Workouts</i> Peters - MPR Dirks – ½ Gym Poperechny – WR	
April 26 – May 3	Block 5: Table Tennis & Circuits OR Resistance Training “B” (10’s in Wellness Unit – Gym) (Poperechny PAT – Classroom)	
May 4 – 5	<i>Mandatory Meetings and Workouts</i> Peters - WR Dirks – MPR Poperechny – Gym	
May 6 – 13	Block 6: Basketball OR Powerwalking OR Mental Wellness (Poperechny PAT – MPR)	
May 16-17	<i>Mandatory Meetings and Workouts</i> Peters - Gym Dirks – WR Poperechny – MPR	
May 18 – 26	Block 7: Golf Disc Sports OR Dance OR Touch Football (Poperechny PAT – WR)	
May 27, 30	<i>Mandatory Meetings and Workouts</i>	
May 31	Peters - MPR Dirks – Gym Poperechny – WR	
June 1 – 8	Block 8: Summer Activities OR Instructor Directed Workouts “B” (Poperechny PAT – Gym)	
June 9 – 10	<i>Mandatory Meetings and Workouts</i> Peters - WR Dirks – MPR Poperechny – Gym	