Fort Richmond Collegiate 2021-2021 Physical Education Program

SEMESTER 2		Slot 1	Poulton – 12 Peters – 11 Dirks – 10 Hodges - 10	
February 7 – 24	Physical Activity Planning and Fitness Management			
February 25 & 28	Mandatory Meetings and Workouts Poulton – WR Peters – MPR			
March 1 -8	Block 1: Badminton & Racket Sports "A" OR Winter Activities OR Yoga "A" (Hodges 10's in R.T.)			
March 9 – 10	Mandatory Meetings and WorkoutsPoulton – GymPeters – WR			
March 11-21	Block 2: Poulton Gr. 12 CORE OR Indoor Soccer OR Spin & Circuits (Dirks 10's in RT.)			
March 22- 23	Mandatory Meetings and Workouts Poulton – MPR Peters – Gym			
March 24 – April 7	Block 3: Peters Gr. 11 CORE OR Sports & Games OR Female Fitness OR Resistance Training "A"			
April 8 & 11	<i>Mandatory Meetings and</i> Poulton – WR	<i>Workouts</i> Peters -	– MPR	
April 12 – 20	Block 4: Instructor Directed Workout "A" OR Dodgeball & Invasion Games (10's in Wellness Unit – Classroom)			
April 21& 25	Mandatory Meetings and Workouts Poulton – MPR Peters – WR			
April 26 – May 3	Block 5: Table Tennis & Circuits OR Resistance Training "B" (10's in Wellness Unit – Gym)			
May 4 – 5	Mandatory Meetings and Workouts Poulton – MPR Peters – Gym			
May 6 – 13	Block 6: Basketball OR	Powerwalking	OR Mental Wellness OR Yoga	"B"
May 16-17	Mandatory Meetings and Poulton – WR	<i>Workouts</i> Peters -	– MPR	
May 18 – 26	Block 7: Dance OR Bad	minton & Racl	ket Sports "B" OR Touch Footb	all OR StressManagement
May 27, 30	Mandatory Meetings and	Workouts		
May 31	Poulton – Gym	Peters	– WR	
June 1 – 8	Block 8: Summer Activities OR Instructor Directed Workouts "B"			
June 9 – 10	Mandatory Meetings and Poulton – MPR	<i>Workouts</i> Peters	– Gym	

Fort Richmond Collegiate 2021-2022 Physical Education Program

Fort Richmond Coneglate 2021-2022 Physical Education Program					
SEMESTER 2		Slot 2	Bruckshaw – 12 Poperechny – 11 Poulton – 10 Peters – 10 Shiach – FHW		
February 7 – 24	Physical Activity Planning and Fitness Management				
February 25 & 28	Mandatory Meetings and WorkoutsBruckshaw – GymPoperechny – WRShiach - MPR				
March 1 – March 8	Block 1: Badminton & Racket Sports "A" OR Yoga "A" OR Winter Activities (Poulton 10's in R.T.) (Shiach FF – Classroom)				
March 9 – 10	Mandatory Meetings and WorkoutsBruckshaw – MPRPoperechny – GYMShiach - WR				
March 11-21	Block 2: Bruckshaw Gr. 12 CORE OR Indoor Soccer OR Spin & Circuits (Peters 10's in R.T) (Shiach FF – Outside)				
March 22- 23	Mandatory Meetings and Bruckshaw – WR	Po	pperechny – MPR	Shiach – Gym	
March 24 – April 7	Block 3: Poperechny Gr. (Shiach FF - WR)	11 CORE OF	R Sports & Games OR Female	Fitness OR Powerwalking	
April 8 & 11	Mandatory Meetings and Bruckshaw – Gym		operechny – WR	Shiach - MPR	
April 12 – 20	Block 4: Instructor Directed Workout "A" OR RT "A" (10's in Wellness Unit – Classroom) (Shiach FF - Gym)				
April 21& 25	<i>Mandatory Meetings and</i> Bruckshaw – MPR	F	Poperechny – PE Class	Shiach - WR	
April 26 – May 3	Block 5: Table Tennis & Circuits OR Resistance Training "B" (10's in Wellness Unit - Gym) (Shiach – Classroom)				
May 4 – 5	Mandatory Meetings and WorkoutsBruckshaw – WRPoperechny – MPRShiach – Gym				
May 6 – 13	Block 6: Basketball OR (Shiach FF – MPR or WF	•	OR Mental Wellness		
May 16-17	Mandatory Meetings and Bruckshaw – Gym	F	Poperechny – WR	Shiach - MPR	
May 18 – 26	Block 7: Dance OR Bada (Shiach FF – WR)	minton & Rac	ket Sports "B" OR Touch Foo	tball OR Stress Management	
May 27, 30	Mandatory Meetings and	Workouts			
May 31	Bruckshaw – MPR		Poperechny – GYM	Shiach - WR	
June 1 – 8	Block 8: Summer Activities OR Instructor Directed Workouts "B" (Shiach FF – Gym)				
June 9 – 10	Mandatory Meetings and Bruckshaw – MPR	Workouts	Poperechny – GYM	Shiach - WR	

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	Mandatory Meetings and WorkoutsPoperechny - ½ GymHodges - ½ GymBruckshaw – WRDirks - 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	Mandatory Meetings and WorkoutsPoperechny - WRHodges - MPRBruckshaw - ½ GymDirks - 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	Mandatory Meetings and WorkoutsPoperechny - ½ GymHodges - ½ GymBruckshaw – MPRDirks - 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	Mandatory Meetings and WorkoutsPoperechny - MPRHodges - WRBruckshaw - ½ GymDirks - 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	Mandatory Meetings and WorkoutsPoperechny - ½ GymHodges – PE ClassBruckshaw – WRDirks - 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	Mandatory Meetings and WorkoutsPoperechny - WRHodges - MPRBruckshaw - ½ GymDirks - ½ Gym				
May 6 – 13	Block 6: Basketball OR Powerwalking OR Mental Wellness OR Golf & Disc Sports (Dirks FF – MPR)				
May 16-17	Mandatory Meetings and WorkoutsPoperechny - ½ GymHodges - ½ GymBruckshaw – MPRDirks - WR				
May 18 – 26	Block 7: Dance OR Badminton & Racket Sports "B" OR Touch Football OR StressManagement (Dirks FF – WR)				
May 27, 30	Mandatory Meetings and Workouts				
May 31	Poperechny - MPRHodges - WRBruckshaw - ½ GymDirks - ½ Gym				
June 1 – 8	Block 8: Summer Activities (2 teachers) OR Instructor Directed Workouts "B" (Dirks FF – Gym)				
June 9 – 10	Mandatory Meetings and WorkoutsPoperechny - ½ GymHodges - ½ GymBruckshaw – WRDirks - MPR				

Fort Richmond Collegiate 2019-2020 Physical Education Program

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SEMESTER 2		Slot 5	Dirks – 12 Hodges - 11 Shiach – 11 Poperechny – 10	
February 7 – 24	Physical Activity Planning and Fitness Management			
February 25 & 28	Mandatory Meetings and WorkoutsDirks - GymHodges - WRBruckshaw - MPR			
March 1 – March 8	Block 1: Badminton & Racket Sports "A" OR Winter Activities OR Yoga "A" (Poperechny 10's in R.T.)			
March 9 – 10	Mandatory Meetings and WorkoutsDirks - MPRHodges - GymBruckshaw - WR			
March 11-21	Block 2: Dirks Gr. 12 CC	ORE OR Indo	or Soccer OR Spin & Circuits O	R Resistance Training "A"
March 22- 23	Mandatory Meetings and Dirks – WR	Hodges – M		
March 24 – April 7	Block 3: Hodges Gr. 11 (CORE OR Spo	rts & Games OR Female Fitness O	R Resistance Training "B"
April 8 & 11	Mandatory Meetings and Dirks - Gym	Hodges – W		
April 12 – 20	Block 4: Instructor Direc (10's in Wellness Unit – 0		A" OR Dodgeball & Invasion C	James
April 21& 25	Mandatory Meetings and Dirks - MPR	Hodges – ½		
April 26 – May 3	Block 5: Shiach Gr. 11 C (10's in Wellness Unit – 0		le Tennis & Circuits OR Resista	ance Training "C"
May 4 – 5	Mandatory Meetings and Dirks - Gym	Hodges – W		
May 6 – 13	Block 6: Basketball OR	Powerwalking	OR Yoga "B" OR Golf & Disc	Sports
May 16-17	Mandatory Meetings and Dirks - Gym	Hodges – W		
May 18 – 26			ket Sports "B" OR Touch Footb	all OR Stress Management
May 27, 30	Mandatory Meetings and			
May 31	Dirks - MPR	Hodges – Gy	rm Bruckshaw –	WR
June 1 – 8	Block 8: Summer Activities (2 teachers) OR Instructor Directed Workouts "B"			
June 9 – 10	Mandatory Meetings and Dirks – WR	' <i>Workouts</i> Hodges – M	PR Bruckshaw –	Gym

Fort Richmond Collegiate 2019-2020 Physical Education Program

SEMESTER 2	Slot 6 Peters – 12 Dirks – 11 Bruckshaw – 10 Poperechny - PAT
February 7 – 24	Physical Activity Planning and Fitness Management
February 25 & 28	Mandatory Meetings and Workouts 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	Mandatory Meetings and WorkoutsPeters - MPRDirks - GymPoperechny - WR
March 11-21	Block 2: Peters Gr. 12 CORE OR Indoor Soccer OR Spin & Circuits (Poperechny PAT – WR)
March 22- 23	Mandatory Meetings and WorkoutsPeters - WRDirks - MPRPoperechny - Gym
March 24 – April 7	Block 3: Dirks Gr. 11 CORE OR Sports & Games OR Female Fitness (Poperechny PAT – WR)
April 8 & 11	Mandatory Meetings and WorkoutsPeters - GymDirks - WRPoperechny - 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	Mandatory Meetings and WorkoutsPeters - MPRDirks – ½ GymPoperechny – 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	Mandatory Meetings and WorkoutsPeters - WRDirks - MPRPoperechny - Gym
May 6 – 13	Block 6: Basketball OR Powerwalking OR Mental Wellness (Poperechny PAT – MPR)
May 16-17	Mandatory Meetings and WorkoutsPeters - GymDirks - WRPoperechny - MPR
May 18 – 26	Block 7: Golf Disc Sports OR Dance OR Touch Football (Poperechny PAT – WR)
May 27, 30	Mandatory Meetings and Workouts
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	Mandatory Meetings and WorkoutsPeters - WRDirks - MPRPoperechny - Gym