

# GET H.Y.P.E.!



## Homeschool YMCA PE Curriculum

### Quarter 3

	JERRY LONG	KERNERSVILLE
WEEK 1:	TUES JAN 26	THURS JAN 28
	FITNESS BINGO & GOLD RUSH	
WEEK 2:	TUES FEB 02	THURS FEB 04
	INDOOR SOCCER CLINIC & SCRIMMAGE	
WEEK 3:	TUES FEB 09	THURS FEB 11
	TAG GAMES & CIRCUIT TRAINING	
WEEK 4:	TUES FEB 16	THURS FEB 18
	BASKETBALL CLINIC & SCRIMMAGE	
WEEK 5:	TUES FEB 23*	THURS FEB 25
	SAFETY AROUND WATER & FREE SWIM	
	<small>*Class at Jerry Long on Feb 23 will be from 2:45pm-3:45pm.</small>	
WEEK 6:	TUES MAR 02	THURS MAR 04
	PRESIDENTIAL PHYSICAL FITNESS TEST	
WEEK 7:	TUES MAR 09	THURS MAR 11
	YOGA & DODGEBALL	
WEEK 8:	TUES MAR 16	THURS MAR 18
	RELAY RACES & ROLLY-BAT	
WEEK 9:	TUES MAR 23	THURS MAR 25
	HUMAN CANDY LAND & RUNNING	

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## Homeschool YMCA PE Curriculum

### Quarter 4

	JERRY LONG	KERNERSVILLE
WEEK 1:	TUES MAR 30	THURS APR 01
	KICKBALL	
WEEK 2:	TUES APR 13	THURS APR 15
	PARACHUTE GAMES & ZUMBA	
WEEK 3:	TUES APR 20	THURS APR 22
	FLAG FOOTBALL CLINIC & SCRIMMAGE	
WEEK 4:	TUES APR 27*	THURS APR 29
	SAFETY AROUND WATR & FREE SWIM	
WEEK 5:	TUES MAY 04	THURS MAY 06
	TRACK & FIELD	
WEEK 6:	TUES MAY 11	THURS MAY 13
	TAG GAMES & JUMP ROPE	
WEEK 7:	TUES MAY 18	THURS MAY 20
	MINUTE TO WIN IT GAMES & CARD DECK EXERCISES	
WEEK 8:	TUES MAY 25	THURS MAY 27
	FLOOR HOCKEY CLINIC & SCRIMMAGE	
WEEK 9:	TUES JUN 01	THURS JUN 03
	FIELD DAY	

NO CLASS  
APR 6-8

\*Class at Jerry Long on Apr 27 will be from 2:45pm-3:45pm.