

Summer Physical Education 10 Coed: June 30-July 16, 2010

<p><u>Monday, June 28</u> <i>Exams – no school</i></p>	<p><u>Tuesday, June 29</u> <i>Exams – no school</i></p>	<p><u>Wednesday, June 30</u> <i>Meet @ CCH 8:00am</i> Introduction 8-8:30am Badminton 8:30-10:00am Pickleball 10:00-10:45am Takraw 10:45-11:30am Nutrition Challenge <i>Dismiss from CCH @ 12:00pm</i></p>	<p><u>Thursday, July 1</u> Happy Canada Day!! (No School)</p> 	<p><u>Friday, July 2</u> <i>Meet @ UofL 8:00am</i> <i>(in front of viewing area for climbing wall)</i></p> <p>Coulee Wellness Walk 8-9am</p> <p>Aquatics 9:30-11:30am</p> <p><i>Dismiss from UofL @ 12</i></p>
<p><u>Monday, July 5</u> <i>Meet @ CCH 8:00am</i></p> <p>Fitness Center 8-9am Horseshoes 10-11am Bocce 11-11:45am</p> <p><i>Dismiss from Henderson park @ 12</i> <i>(in front of Nikka Yuko)</i></p>	<p><u>Tuesday, July 6 (full)</u> <i>Meet @ CCH 8:00am</i> Soccer 8:00-9:00am Ultimate Frisbee 9:00-10:00am Badminton 10-11am Lunch 11am-11:30am Golf @ Evergreen 12-2:30pm</p> <p><i>Dismiss from CCH @3pm</i></p>	<p><u>Wednesday, July 7</u> <i>Meet @ Henderson Rink 8:30am</i> Broomball 8:45-9:45am Rec. Games 10:15-11:00am Modified Cricket/Bashball 11-11:30am</p> <p><i>Dismiss from CCH @ 11:30am</i></p>	<p><u>Thursday, July 8</u> <i>Meet @ UofL 7:45am</i> <i>(in front of viewing area for climbing wall)</i></p> <p>Climbing Wall 8-10am</p> <p>Capture the Flag 10:30-11:30am</p> <p><i>Dismiss from UofL @ 11:30am</i></p>	<p><u>Friday, July 9</u> <i>Meet @ CCH 8:00am</i></p> <p>Yoga 8:00-9:00am</p> <p>Speedball 9:00-10am</p> <p>Fitness Center 10-11am</p> <p><i>Dismiss from CCH @ 11:00am</i></p>

<p><u>Monday, July 12</u> <i>Meet @ CCH 8:00am</i></p> <p>Coulee Survival 8:30-10am Floor Hockey 10:30-11:30am</p> <p><i>Dismiss from CCH @ 11:30am</i></p>	<p><u>Tuesday, July 13 (full)</u> <i>Meet @ CCH 7:30am</i></p> <p>Full Day Hike in Waterton – Trailhead at 9:30am, Lower Rowe lake (8km) Stop in town for ice cream and treats</p> <p><i>Return to CCH dismissal @approx 4-4:30pm</i></p>	<p><u>Wednesday, July 14</u> <i>Meet @ CCH 8:00am</i></p> <p>Lacrosse 8-9am Arena football 9-10am Broomball 10:45-11:45</p> <p><i>Dismiss from Henderson Rink @ 12pm</i></p>	<p><u>Thursday, July 15</u> <i>Meet @ CCH 8:00am</i> Yoga 8-9am 5 pin Bowling 9:30-11am (2 games)</p> <p>Active hours assignment - due Friday, August 20 @ CCH east mail slot.</p> <p><i>Dismiss from CCH @ 12pm</i></p>	<p><u>Friday, July 16</u> <i>Meet @ CCH 8:00am</i> Student choice 8:00-9:30am Locker clean out Hand in nutrition challenge</p> <p><i>Dismiss from CCH @ 10:00am</i> <i>Have a wonderful Summer!</i></p>
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Students please note:

- Lates and absences will result in **removal** from Summer Physical Education 10
- Please be aware of the weather each and every day and dress accordingly
- Keep sunscreen, hoody, jogging pants, bug spray, a hat, and water bottle in your locker
- It is **your** responsibility to be on time in the designated location every day, as well as have transportation from dismissal location each day
- Summer Active hours are due Friday, August 20, 2010
- This is a 3 credit Physical Education class