

**PE 10 Girls p.m.****Quarter 3****Mrs. Delbello**

<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
			<b>Jan. 28</b> Orientation – Rm 216 Gym -Fitness	29 Goal Setting – Rm 216 Journals First Aid 216
<b>Feb.1</b> Staff Mtg. – 2:15p.m. First Aid Rm 216 Badminton	2 First Aid 216  Badminton	3 First Aid Rm 216  Badminton	4 First Aid Rm 216  Pickle ball	5 First Aid Exam Journals  Pickle ball
8 Gym –Fitness Curl 1:30-2:30 (b)	9 Gym Fitness Circuit assignment and presentation	10 Yoga – at studio (b) Fit Theory Rm 216	11 Fitness Theory Rm 216 Fitness Center #1	12 Badminton/Pickle ball Fit Theory Rm 216 Journals
15	16	17	18	19
<b>Holidays – No School</b>			<b>Teachers' Convention</b>	
22 Curl Theory Rm 216  Curl 1:30-2:30 (b)	23 Gym-Touch Football  Gym- Ultimate Frisbee	24 Belly Dance @ studio (b) 12:30-1:30 Rm 216	25 Aquatics (2 guards) 1-2:00pm (b)	26 Gym – Ultimate Frisbee (Body Image) Rm 216 Journals
<b>Mar. 1</b> Staff Mtg. – 2:15p.m. Curling 12:30-1:30 (b)	2 Gym-T. Football, Ultimate Frisbee Fitness Center #2	3 Gym-T. Football Nutrition Assignment Rm 206 (b)	4 Gym- Ultimate Frisbee Nutrition Assignment Rm 216	5 gym-Basketball  Journals Rm 216 video-Sudden Impact
8 Gym-Basketball  Curl 1:30-2:30 (b)	9 Aquatics (1guard) Canoe/water games	10 Gym- Golf Gym- Basketball/speedball	11 Gym – Golf Holiday Bowl 1:30	12 Gym-Speedball  Journals
15 Div. Spiritual Dev. Day – No School	16 Fitness Center #3 Gym-Lacrosse	17 Wall Climb U of L 12:30-1:30	18 Gym-Volleyball, Floor Hockey Lacrosse	19 Broomball –Civic Center 8:30-9:30
22 Holiday Bowl – 2 games	23 Gym-Stomp  Holiday Bowl 1:30	24 Gym-Stomp  Fitness Center #4	25 Aquatics Aqua fit/water games Shallow end	26 Broomball –Civic Center 8:30-9:30
29 TaekwonDo 12:45 Studio	<b>30</b> Gym-Floor Hockey. Body ball  <b>Fitness Center #5</b>	31  <b>Hike</b> (b)	<b>Apr 1</b> Henderson Lake- Orienteer/Capture the Flag	2 <b>Good Friday</b> – No School
5 <b>Easter Break - No School</b>	6 <b>Easter Break</b>	7 <b>Easter Break</b>	8 <b>Easter Break</b>	9 <b>Easter Break</b>
12 <b>EXAMS</b>	13 <b>Exams</b> Social 30-1/-2	14 <b>Exams</b> Biology 30	15 <b>EXAMS</b>	16 Quarter 4 Begins

