

AVERY COONLEY MIDDLE SCHOOL UNITS					
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
September '15	7	8 A	9 B	10 C	11 D
	14 E	15 F	16 G	17 A	18 B
	21 C	22 D	23 E	24 F	25 G
October '15	28 A	29 B	30 C	1 D	2 E
	5 F	6 G	7 A	8 B	9 C
	12	13 D	14 E	15 F	16 G
November '15	19 A	20 B	21 C	22 D	23 E
	26 F	27 G	28 A	29 B	30 C
	2 D	3 E	4 F	5	6
December '15	9 G	10 A	11 B	12 C	13 D
	16 E	17 F	18 G	19 A	20 B
	23 C	24 D	25 THANKSGIVING PROGRAM	26	27
January '16	30	1 E	2 F	3 G	4 A
	7 B	8 C	9 D	10 E	11 F
	14 G	15 A	16 B	17 C	18 D
February '16	21	22	23	24	25
	28	29	30	31	1
	4 E	5 F	6 G	7 A	8 B
March '16	11 C	12 D	13 E	14 F	15 G
	18	19 A	20 B	21 C	22 D
	25 E	26 F	27 G	28 A	29 B
April '16	1 C	2 D	3 E	4	5
	8 F	9 G	10 A	11 B	12 C
	15	16 D	17 E	18 F	19 G
May '16	22 A	23 B	24 C	25 D	26
	29 E	1 F	2 G	3 A	4 B
	7	8 C	9 D	10 E	11 F
June '16	14 G	15 A	16 B	17 C	18 D
	21 E	22 F	23 G	24 A	25
	28	29	30	31	1
July '16	4 B	5 C	6 D	7 E	8 F
	11 G	12 A	13 B	14 C	15 D
	18 E	19 F	20 G	21 A	22 B
August '16	25 C	26 D	27 E	28 F	29 G
	2 A	3 B	4 C	5 D	6 E
	9 F	10 G	11 A	12 B	13
September '16	16 C	17 D	18 E	19 F	20 G
	23 A	24 B	25 C	26 D	27 E
	30	31 F	1 G	2 A	3 B
October '16	6 C	7 D	8 E	9	10

TEAM BUILDING / FITNESS TESTING
SOCCEK/ ULTIMATE
RUGBY/ AUSTRALIAN RULES FOOTBALL
BASKETBALL
CHALLENGE ME/ FITNESS TESTING
FLOOR HOCKEY
VOLLEYBALL/ DANCE
PICKLEBALL/ FITNESS TESTING
TCHOURBALL
WORLD GAMES (CRICKET, JAI ALAI, NETBALL, YOGE, TAI KWON DO)
ADVENTURE
GOLF/ ARCHERY
KICKBALL/ DANCE/ FITNESS TESTING

SKELETAL SYSTEM
MUSCULAR SYSTEM
COMPONENTS OF FITNESS
TRAINING PRINCIPLES
APPLICATIONS OF FITNESS