

Title : Physical Education/Health Grade 8
Type : Essential

	September				October				November				December				January				February				March				April				May				June					
	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38	39	40	41	42
September/Week 1 - June/Week 42																																										
Fitness Concepts																																										
September/Week 1 - June/Week 42																																										
Healthy Lifestyle Practices																																										
September/Week 1 - June/Week 42																																										
Motor Skills and Movement Patterns																																										
September/Week 1 - June/Week 42																																										
Personal Safety																																										
September/Week 1 - June/Week 42																																										
Responsible Behavior in Physical Activity Settings																																										