



Middle School Master Schedule

Wk #	Monday	Tuesday	Wednesday	Thursday	Friday
1	Open - Teacher Day	Pedometers 1	Pedometers 2	FitnessGram - Benchmark	FitnessGram - Benchmark
2	Cooperative Learning 1	Fitness Circuit 1	Cooperative Learning 2	Cardiovascular Endurance 1	Gopher Games - Yuki-Ball
3	Cooperative Learning 3	Body Composition 1	Cooperative Learning 4	Fitness Runs 400/500	Cooperatives 5 - Assessment
4	Badminton 1	Flexibility 1	Badminton 2	Fitness Runs 800	Gopher Games - Flag Frenzy
5	Badminton 3	Muscular Strength 1	Badminton 4	Fitness Runs 1000	Badminton 5 - Assessment
6	Football 1	Muscular Endurance 1	Football 2	Cardiovascular Endurance 2	Football 3
7	Football 4	Cardiovascular Endurance 1	Football 5	Fitness Runs Mile	Football 6 - Assessment
8	Volleyball 1	Teacher's Choice	Volleyball 2	Fitness Runs 30 Mins	Gopher Games - Nitro Ball
9	Volleyball 3	Fitness Circuit 2	Volleyball 4	Cardiovascular Endurance 3	Volleyball 5
10	Volleyball 6	Body Composition 2	Volleyball 7	Fitness Runs 400/500	Volleyball 8 - Assessment
11	Soccer 1	Flexibility 2	Soccer 2	Fitness Runs 800	Gopher Games - Team Home Run Derby
12	Soccer 3	Muscular Strength 2	Soccer 4	Fitness Runs 1000	Soccer 5
13	Soccer 6	Muscular Endurance 2	Soccer 7	Cardiovascular Endurance 4	Soccer 8 - Assessment
14	Basketball 1	Cardiovascular Endurance 2	Basketball 2	Fitness Runs Mile	Gopher Games - CatchHit
15	Basketball 3	Teacher's Choice	Basketball 4	Fitness Runs 30 Mins	Basketball 5
16	Basketball 6	Fitness Circuit 3	Basketball 7	Cardiovascular Endurance 1	Basketball 8 - Assessment
17	Flying Discs 1	Body Composition 3	Flying Discs 2	Fitness Runs 400/500	Gopher Games - Catch-N-Release
18	Flying Discs 3	Flexibility 3	Flying Discs 4	Fitness Runs 800	Flying Discs 5 - Assessment
19	Rugby 1	Muscular Strength 3	Rugby 2	Fitness Runs 1000	Rugby 3
20	Rugby 4	Muscular Endurance 3	Rugby 5	Cardiovascular Endurance 2	Rugby 6 - Assessment
21	Pickleball 1	Cardiovascular Endurance 3	Pickleball 2	Fitness Runs Mile	Gopher Games - Team Launch Volleyball
22	Pickleball 3	Teacher's Choice	Pickleball 4	Fitness Runs 30 Mins	Pickleball 5
23	Pickleball 6	Fitness Circuit 4	Pickleball 7	Cardiovascular Endurance 3	Pickleball 8 - Assessment
24	Softball 1	Body Composition 4	Softball 2	Fitness Runs 400/500	Gopher Games - Quattro Bocce
25	Softball 3	Flexibility 4	Softball 4	Fitness Runs 800	Softball 5
26	Softball 6	Muscular Strength 4	Softball 7	Fitness Runs 1000	Softball 8 - Assessment
27	Hockey 1	Muscular Endurance 4	Hockey 2	Cardiovascular Endurance 4	Hockey 3
28	Hockey 4	Cardiovascular Endurance 4	Hockey 5	Fitness Runs Mile	Hockey 6 - Assessment
29	Lacrosse 1	Teacher's Choice	Lacrosse 2	Fitness Runs 30 Mins	Lacrosse 3
30	Lacrosse 4	Fitness Circuit 5	Lacrosse 5	Cardiovascular Endurance 1	Lacrosse 6 - Assessment
31	Track & Field 1	Body Composition 5	Track & Field 2	Fitness Runs 400/500	Gopher Games - NutriPlay Healthy in a Hurry
32	Track & Field 3	Teacher's Choice	Track & Field 4	Fitness Runs 800	Track & Field 5
33	Track & Field 6	Fitness Circuit 6	Track & Field 7	Fitness Runs 1000	Track & Field 8 - Assessment
34	Rhythm & Dance 1	Body Composition 6	Rhythm & Dance 2	Cardiovascular Endurance 2	Gopher Games - Active Academics Run-and-Spell
35	Rhythm & Dance 3	FitnessGram - Final Assessment	Rhythm & Dance 4	Fitness Runs Mile	Rhythm & Dance 5
36	Rhythm & Dance 6	FitnessGram - Final Assessment	Rhythm & Dance 7	Fitness Runs 30 Mins	Rhythm & Dance 8
37	Rhythm & Dance 9	FitnessGram - Chart Progress	Rhythm & Dance 10	Final Assessment/Graph Cardio Progress	Rhythm & Dance 11 - Assessment