

## Rotorua Seventh-Day Adventist School Physical Education Implementation Plan

Week	1	2	3	4	5	6	7	8	9	10/11
<b>TERM 1</b>	Aquatics & Summer Ball Skills									
Physical Education	Touch Rugby		Swimming Lessons - Aquatics			Run, Jump, Throw - Summer games				
Exercise	Daily Fitness Programme - 10 minutes									
Events						Swimming Sports		Athletics SDA		
<b>TERM 2</b>	Winter Ball Skills									
Physical Education								Skipping		
Exercise	Daily Fitness Programme - 10 minutes									
Events					Cross Country Rural					
<b>TERM 3</b>	Movement & Dance									
Physical Education	Rippa Rugby			Netball			Basketball			
Exercise	Daily Fitness Programme - 10 minutes									
Events				Winter Sports Christian					Basketball SDA	
<b>TERM 4</b>	Summer Sports									
Physical Education	Touch Rugby									
Exercise	Daily Fitness Programme - 10 minutes									
Events				Touch SDA		Athletics Rural				

	Sport	2015	2016	2017	2018
Summer Skills	Tennis				
	Volleyball				
	Athletics				
	Softball				
	Cricket				
	Touch				
Winter Skills	Rippa Rugby				
	Soccer				
	Badminton				
	Basketball				
	Netball				
	Hockey				
Movement & Dance	Gymnastics				
	Skipping				
	Zumba/Aerobics				
	Dance				
Other	Ki o rahi				
	Golf				
	Archery				
	Rock climbing				

