

P.E.

Ballet, Weight Training, Sunday Sports Lesson Plans 2005



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This high school PE course was created in 2005 for my daughter to stay in shape
and get exercise, while getting a PE credit.

This is not a product.

We are just sharing our own notes to inspire you in your own lesson planning.

I used physical exercise, lessons, and activities we were already doing to create
a class.

We hope this will be a blessing and inspire you to create your own classes and
unit studies.

Warmly,
Meredith Curtis & Laura Nolette
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Laura@powerlinecc.com

PE: Ballet & Weight Training & Team Sports



Assignments

- Ballet Classes weekly
- Participate in Christmas performance
- Participate in Easter performance
- Work out at Y Twice a Week
- Sunday Sports Twice a Month

Grading

Faithfulness and consistency will determine grade!!!!

September 2005

Ballet Class Friday Afternoon

Work out at the Y

Work out at the Y

Sunday Sports

Ballet Class Friday Afternoon

Work out at the Y

Work out at the Y

Ballet Class Friday Afternoon

Work out at the Y

Work out at the Y

Sunday Sports

Ballet Class Friday Afternoon

Work out at the Y

Work out at the Y

October

Ballet Class Friday Afternoon

Work out at the Y

Work out at the Y

Sunday Sports

Ballet Class Friday Afternoon

Work out at the Y

Work out at the Y

Ballet Class Friday Afternoon

Work out at the Y

Work out at the Y

Sunday Sports

Ballet Class Friday Afternoon

Work out at the Y

Work out at the Y

November

Ballet Class Friday Afternoon

Work out at the Y

Work out at the Y

Sunday Sports

Ballet Class Friday Afternoon

Work out at the Y

Work out at the Y

Ballet Class Friday Afternoon

Work out at the Y

Work out at the Y

Sunday Sports

Ballet Class Friday Afternoon

Work out at the Y

Work out at the Y

December

Ballet Class Friday Afternoon

Work out at the Y

Work out at the Y

Sunday Sports

Ballet Class Friday Afternoon

Work out at the Y

Work out at the Y

January

Ballet Class Friday Afternoon

Work out at the Y

Work out at the Y

Sunday Sports

Ballet Class Friday Afternoon

Work out at the Y

Work out at the Y

Ballet Class Friday Afternoon

Work out at the Y

Work out at the Y

Sunday Sports

Ballet Class Friday Afternoon

Work out at the Y

Work out at the Y

February

Ballet Class Friday Afternoon

Work out at the Y

Work out at the Y

Sunday Sports

Ballet Class Friday Afternoon

Work out at the Y

Work out at the Y

Ballet Class Friday Afternoon

Work out at the Y

Work out at the Y

Sunday Sports

Ballet Class Friday Afternoon

Work out at the Y

Work out at the Y

March

Ballet Class Friday Afternoon

Work out at the Y

Work out at the Y

Sunday Sports

Ballet Class Friday Afternoon

Work out at the Y

Work out at the Y

Ballet Class Friday Afternoon

Work out at the Y

Work out at the Y

Sunday Sports

Ballet Class Friday Afternoon

Work out at the Y

Work out at the Y

April

Ballet Class Friday Afternoon

Work out at the Y

Work out at the Y

Sunday Sports

Ballet Class Friday Afternoon

Work out at the Y

Work out at the Y

Ballet Class Friday Afternoon

Work out at the Y

Work out at the Y

Sunday Sports

Ballet Class Friday Afternoon

Work out at the Y

Work out at the Y

May

Team Sports class

Ballet Class Monday night

Work out at the Y

Work out at the Y

Team Sports class

Ballet Class Monday night

Work out at the Y

Work out at the Y

Team Sports class

Ballet Class Monday night

Work out at the Y

Work out at the Y

June

End of the Year Dress Rehearsal

End of the Year Recital

September 2006

Ballet Class Monday night

Jazz Class Tuesday night

Work out at the Y

Work out at the Y

Ballet Class Monday night

Jazz Class Tuesday night

Work out at the Y

Work out at the Y

Ballet Class Monday night

Jazz Class Tuesday night

Work out at the Y

Work out at the Y

Ballet Class Monday night

Jazz Class Tuesday night

Work out at the Y

Work out at the Y

October

Ballet Class Monday night

Jazz Class Tuesday night

Work out at the Y

Work out at the Y

Ballet Class Monday night

Jazz Class Tuesday night

Work out at the Y

Work out at the Y

Ballet Class Monday night

Jazz Class Tuesday night

Work out at the Y

Work out at the Y

Ballet Class Monday night

Jazz Class Tuesday night

Work out at the Y

Work out at the Y

November

Ballet Class Monday night

Jazz Class Tuesday night

Work out at the Y

Work out at the Y

Ballet Class Monday night

Jazz Class Tuesday night

Work out at the Y

Work out at the Y

Ballet Class Monday night

Jazz Class Tuesday night

Work out at the Y

Work out at the Y

Ballet Class Monday night

Jazz Class Tuesday night

Work out at the Y

Work out at the Y

December

Work out at the Y

Work out at the Y

Work out at the Y

Work out at the Y

Work out at the Y

Work out at the Y

Work out at the Y

Work out at the Y

January 2007

Ballet Class Monday night

Jazz Class Tuesday night

Work out at the Y

Work out at the Y

Ballet Class Monday night

Jazz Class Tuesday night

Work out at the Y

Work out at the Y

Ballet Class Monday night

Jazz Class Tuesday night

Work out at the Y

Work out at the Y

Ballet Class Monday night

Jazz Class Tuesday night

Work out at the Y

Work out at the Y

February

Ballet Class Monday night

Jazz Class Tuesday night

Work out at the Y

Work out at the Y

Ballet Class Monday night

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Ballet Class Monday night

Jazz Class Tuesday night

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Ballet Class Monday night

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March

Ballet Class Monday night

Jazz Class Tuesday night

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Ballet Class Monday night

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Ballet Class Monday night

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April

Ballet Class Monday night

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Ballet Class Monday night

Jazz Class Tuesday night

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Work out at the Y

Ballet Class Monday night

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May

Ballet Class Monday night

Jazz Class Tuesday night

Work out at the Y

Work out at the Y

Ballet Class Monday night

Jazz Class Tuesday night

Work out at the Y

Work out at the Y

Ballet Class Monday night

Jazz Class Tuesday night

Work out at the Y

Work out at the Y

Ballet Class Monday night

Jazz Class Tuesday night

Work out at the Y

Work out at the Y

June

End of the Year Dress Rehearsal

End of the Year Recital

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We hope you enjoyed these "Good Old Days" lesson plans that we used to homeschool our children years ago. They are compliments of Powerline Productions.

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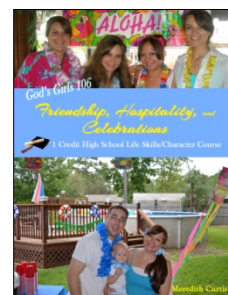
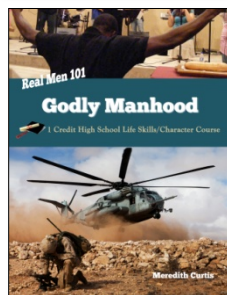
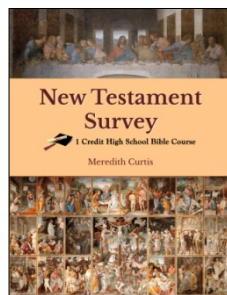
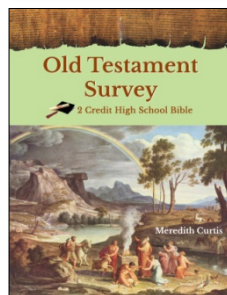
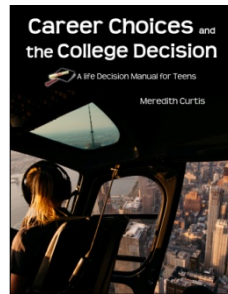
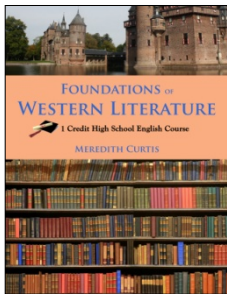
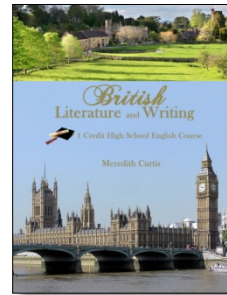
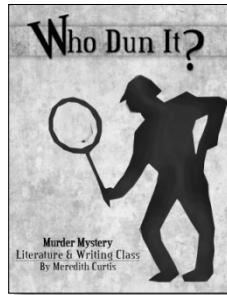
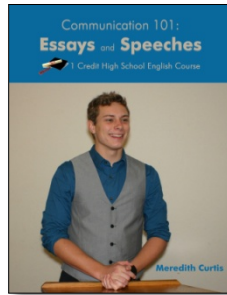
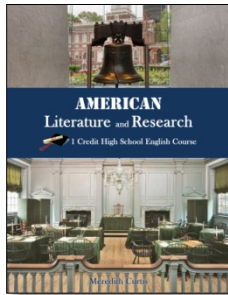
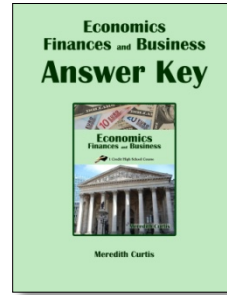
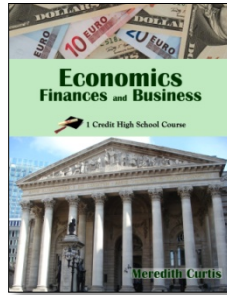
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