2017-2018 Hopewell Academy PE Sections:

1. Fitness Testing (first and last)
   1. Push ups, sit ups, sit and reach, pull ups (if able), running.
2. Volleyball
   1. Rules, Regulations, play outside in sand
   2. Quizzes and Test
3. Basketball
   1. Rules, Regulations, play outside on half court
   2. Quizzes and Test
4. Ping-Pong
   1. Rules, Regulations, play in lunch area or somewhere else
   2. Quizzes and Test
5. Weight Lifting, Stretching, Agility, Walk/Run
   1. Newish Industry, where, who, how?
   2. Quizzes and Test (a little different)
6. Soccer
   1. Rules, Regulations, play outside hopefully
   2. Quizzes and Test
7. Wiffleball
   1. Rules, Regulations (baseball/softball)
   2. Quizzes and Test
8. Exploring other Sports!
   1. Lacrosse, Golf, Field Hockey, Cross Country, Swimming, Wrestling, Football, Track and Field, Tennis
   2. Rules/Regulations of each
   3. Quizzes and Test