

PPL20 Calendar

September - 2019

Monday	Tuesday	Wednesday	Thursday	Friday
2	3 Course Intro - in class	4 In class FF notes Leadership – warm up and reffing	5 FF – Flags and passing [Health 1]	6 In class Leadership Health 1/2 [School Photos]
9 Health 2 [Flags and passing]	10 Cardio	11 FF – defence and offence	12 Push up test	13 FF - Games
16 Planks Test FF - Games	17 Cardio	18 FF – Skill Test Throwing/ Catching	19 Strength Circuit	20 In Class – FF media
23 In Class – FF media	24 Cardio	25 In Class Health 3 FF - Media	26 Strength Circuit	27 Beep Test
30 In Class Test – Health/FF Test	1	2	3	4
7	8	9	10	11

Notes: