

## PPL30 Calendar

### September - 2019

Monday	Tuesday	Wednesday	Thursday	Friday
2	3 Course Intro - in class	4 In class Soccer notes Leadership – warm up and reffing	5 Soccer – Passing and Dribbling [Health 1]	6 In class Leadership Health 1/2  [School Photos]
9 Health 2 [Soccer - Shooting]	10 Cardio	11 Soccer – defence and offence	12 Push up test	13 In Class - Leadership
16 Planks Test	17 Cardio	18 Soccer – Skill Test Passing/ Dribbling	19 Strength Circuit	20 In Class – Health 3
23 Outside - Ultimate	24 Cardio	25 Outside – Flag Football	26 Strength Circuit	27 Beep Test
30 In Class Test – Health/Soccer Test	1	2	3	4
7	8	9	10	11

Notes: