

Cochrane Home Educators Gym Curriculum 2019/2020

- Oct. 4 – Ultimate Frisbee / Pickleball
18 – Ultimate Frisbee / Pickleball
25 – Ultimate Frisbee / Pickleball
- Nov. 1 – Basketball / Rugby
8 – Basketball / Rugby
15 – Basketball / Rugby
22 - Floor hockey
29 – Floor hockey
- Dec. 6 – Floor hockey
13 – People Saver (kids first aid) / Body Image & Nutrition (teens) / Fun Games
- Jan. 10 – Self Defense / Badminton
17 – Self Defense / Badminton
24 – Self Defense / Badminton
31 – Volleyball / Football
- Feb. 7 – Volleyball / Football
14 – Volleyball / Football
28 – Yoga / Soccer
- Mar. 6 – Yoga / Soccer
13 – Yoga / Soccer
20 – Wrestling (fun games for youngest gym class) / Bootcamp
27 – Wrestling (fun games for youngest gym class) / Bootcamp
- Apr. 3 – Wrestling (fun games for youngest gym class) / Bootcamp
17 – Hooping
24 – Hooping
- May. 1 – Dance (line dancing and freestyle)
8 – Shredz Skateboard Lesson (location tba)
15 – Shredz Skateboard Lesson (Zero Gravity Skatepark)

