

2025–26 PE & Nutrition Schedule with Required Items

What Students Need to Bring Each Week:

- Indoor running shoes
- Comfortable athletic clothes
- Water bottle

Week	Date	Activity	Notes / Faith Emphasis
1	Sept 11	Handball Intro & Skill Building	1 Cor 12:12 – One Body, Many Parts
2	Sept 18	Handball Skill Development	
3	Sept 25	Handball Scrimmage	
4	Oct 2	Handball Games & Reflection	Phil 2:3 – Consider Others
-	Oct 9	No Class	Thanksgiving Break
5	Oct 16	Floor Hockey Intro & Skills	Gal 6:2 – Bear One Another's Burdens
6	Oct 23	Floor Hockey Strategy & Play	
7	Oct 30	Floor Hockey Scrimmage	
8	Nov 6	Floor Hockey Challenge Day	Col 3:12 – Kindness & Patience
-	Nov 13	No Class	Remembrance Break
9	Nov 20	Nutrition 1: What is Insulin Resistance?	1 Cor 6:19–20 – Body is a Temple
10	Nov 27	Nutrition 2: Fuel & Hormones	Prov 23:1–3 – Wisdom in Choices
11	Dec 4	Nutrition 3: Fats, Fasting & Healing	1 Cor 10:31 – Eat for God's Glory
-	Dec 11–Jan 8	No Classes	Christmas Break + Field Trip
12	Jan 15	Volleyball Skills & Rotation	Rom 12:10 – Honor One Another
13	Jan 22	Volleyball Drills	
14	Jan 29	Volleyball Scrimmage	
-	Feb 5	No Class	Scheduled Break
15	Feb 12	Volleyball Games	1 Pet 4:10 – Use Your Gifts to Serve
16	Feb 19	Volleyball Challenge Day	
17	Feb 26	Handball Replay Day	
-	Mar 5	No Class	Scheduled Break
18	Mar 12	Floor Hockey Replay Day	
19	Mar 19	Volleyball Replay Day	
20	Mar 26	Nutrition Review + Quiz Game	

Week	Date	Activity	Notes / Faith Emphasis
-	Apr 2	No Class	Easter Break
21	Apr 9	Student Choice Games	
22	Apr 16	Celebration Tournament	
23	Apr 23	Cleanup & Devotional Wrap-up	Ps 100:2 – Serve with Gladness