

## PHED 1223 - FMS-WI021 Weekly Schedule Winter Block Three - 2024

Week	First Class of the Week - Tuesday	Second Class of the Week - Thursday
Mar. 11th to Mar. 15th	Introductions / Course Outline / Tracking	Hand Dribbling / Catching / Throwing
Mar. 18th to Mar. 22nd	Equilibrium / Balance / Striking / Kicking	<b>QUIZ (Mar. 21st)</b> Walking/Galloping/Side-Stepping/Dodging
Mar. 25th to March 29th	Skipping/Running	Leaping / Jumping / Hopping
Apr. 1st to Apr. 5th	<b>QUIZ (Apr. 2nd)</b> / Square Dancing	Catch-Up