



Therapeutic Physical Activity Curriculum

Week	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38
Topic	Outwitting an opponent							Movement to Music						Fitness							Target games						Racquet Sports						Athletics					
Opportunities	Options include Football Handball Dodge ball Quick cricket Rounders							Yoga Dance routines Boxercise Zumba Skipping Routines						Gym Fitness testing HIT Walking Skipping Circuit training							Darts Archery Boccia Curling						Tennis Table tennis Badminton						Sprinting Javelin Shot put Discus Long jump Triple jump Track & field					