



**At  
Chippens Hill Middle School**

**Mr. Chesmer  
Mrs. Pepe  
Mr. Capitani**

**What do we teach?**

**Cooperative Games  
Individual Skills & Fundamentals  
Movement Concepts  
Fitness Development  
Fitness Testing  
Weight Training Concepts  
Ultimate Games  
Cardio Games  
Small team games  
Team Sports  
Football, Soccer, Team Handball, Floor Hockey, Basketball  
Net Sports  
Volleyball, Badminton, Pickleball  
Lacrosse  
Rugby  
Flag Football  
Track & Field**

