

Checklist for Ninth Grade

ACTIVITY	SOL				COMPLETED
1. Football	9.1a	9.1b	9.2a	9.2b	
	9.3a	9.3b	9.3c	9.3d	
	9.4a	9.4b	9.4c	9.5a	
	9.5b	9.5c			
2. Field Hockey	9.1a	9.1b	9.2a	9.2b	
	9.3a	9.3b	9.3c	9.3d	
	9.4a	9.4b	9.4c	9.5a	
	9.5b	9.5c			
3. Soccer	9.1a	9.1b	9.2a	9.2b	
	9.3a	9.3b	9.3c	9.3d	
	9.4a	9.4b	9.4c	9.5a	
	9.5b	9.5c			
4. Volleyball	9.1a	9.1b	9.2a	9.2b	
	9.3a	9.3b	9.3c	9.3d	
	9.4a	9.4b	9.4c	9.5a	
	9.5b	9.5c			
5. Basketball	9.1a	9.1b	9.2a	9.2b	
	9.3a	9.3b	9.3c	9.3d	
	9.4a	9.4b	9.4c	9.5a	
	9.5b	9.5c			
6. Softball	9.1a	9.1b	9.2a	9.2b	
	9.3a	9.3b	9.3c	9.3d	
	9.4a	9.4b	9.4c	9.5a	
	9.5b	9.5c			
7. Floor Hockey	9.1a	9.1b	9.2a	9.2b	
	9.3a	9.3b	9.3c	9.3d	
	9.4a	9.4b	9.4c	9.5a	
	9.5b	9.5c			

Checklist for Ninth Grade

8. Lacrosse	9.1a	9.1b	9.2a	9.2b	
	9.3a	9.3b	9.3c	9.3d	
	9.4a	9.4b	9.4c	9.5a	
	9.5b	9.5c			
other	9.1a	9.1b	9.2a	9.2b	
	9.3a	9.3b	9.3c	9.3d	
	9.4a	9.4b	9.4c	9.5a	
	9.5b	9.5c			

Checklist for Ninth Grade

Individual/Dual Sports – Lifetime Activities Checklist

ACTIVITY	SOL				COMPLETED
1. Tennis	9.1a	9.1b	9.2a	9.2b	
	9.3a	9.3b	9.3c	9.3d	
	9.4a	9.4b	9.4c	9.5a	
	9.5b	9.5c			
2. Track and Field	9.1a	9.1b	9.2a	9.2b	
	9.3a	9.3b	9.3c	9.3d	
	9.4a	9.4b	9.4c	9.5a	
	9.5b	9.5c			
3. Golf	9.1a	9.1b	9.2a	9.2b	
	9.3a	9.3b	9.3c	9.3d	
	9.4a	9.4b	9.4c	9.5a	
	9.5b	9.5c			
4. Badminton	9.1a	9.1b	9.2a	9.2b	
	9.3a	9.3b	9.3c	9.3d	
	9.4a	9.4b	9.4c	9.5a	
	9.5b	9.5c			
5. Jump Roping	9.1a	9.1b	9.2a	9.2b	
	9.3a	9.3b	9.3c	9.3d	
	9.4a	9.4b	9.4c	9.5a	
	9.5b	9.5c			
6. Roller Blading	9.1a	9.1b	9.2a	9.2b	
	9.3a	9.3b	9.3c	9.3d	
	9.4a	9.4b	9.4c	9.5a	
	9.5b	9.5c			
7. Ropes Course	9.1a	9.1b	9.2a	9.2b	
	9.3a	9.3b	9.3c	9.3d	
	9.4a	9.4b	9.4c	9.5a	
	9.5b	9.5c			
8. Hiking	9.1a	9.1b	9.2a	9.2b	
	9.3a	9.3b	9.3c	9.3d	
	9.4a	9.4b	9.4c	9.5a	
	9.5b	9.5c			

Checklist for Ninth Grade

9. Horse Shoes	9.1a 9.3a 9.4a 9.5b	9.1b 9.3b 9.4b 9.5c	9.2a 9.3c 9.4c	9.2b 9.3d 9.5a	
10. Frisbee Golf	9.1a 9.3a 9.4a 9.5b	9.1b 9.3b 9.4b 9.5c	9.2a 9.3c 9.4c	9.2b 9.3d 9.5a	
11. Climbing Wall	9.1a 9.3a 9.4a 9.5b	9.1b 9.3b 9.4b 9.5c	9.2a 9.3c 9.4c	9.2b 9.3d 9.5a	
other	9.1a 9.3a 9.4a 9.5b	9.1b 9.3b 9.4b 9.5c	9.2a 9.3c 9.4c	9.2b 9.3d 9.5a	

Checklist for Ninth Grade

Physical Fitness Testing Checklist

ACTIVITY	SOL				COMPLETED
1. Mile-Run/Walk	9.1a	9.1b	9.2a	9.2b	
	9.3a	9.3b	9.3c	9.3d	
	9.4a	9.4b	9.4c	9.5a	
	9.5b	9.5c			
2. Shuttle Run	9.1a	9.1b	9.2a	9.2b	
	9.3a	9.3b	9.3c	9.3d	
	9.4a	9.4b	9.4c	9.5a	
	9.5b	9.5c			
3. V-Sit/Sit-N-Reach	9.1a	9.1b	9.2a	9.2b	
	9.3a	9.3b	9.3c	9.3d	
	9.4a	9.4b	9.4c	9.5a	
	9.5b	9.5c			
4. Pull-Ups/Bent Arm Han	9.1a	9.1b	9.2a	9.2b	
	9.3a	9.3b	9.3c	9.3d	
	9.4a	9.4b	9.4c	9.5a	
	9.5b	9.5c			
5. Sit-Ups	9.1a	9.1b	9.2a	9.2b	
	9.3a	9.3b	9.3c	9.3d	
	9.4a	9.4b	9.4c	9.5a	
	9.5b	9.5c			
other	9.1a	9.1b	9.2a	9.2b	
	9.3a	9.3b	9.3c	9.3d	
	9.4a	9.4b	9.4c	9.5a	
	9.5b	9.5c			

Checklist for Ninth Grade

Dance Checklist

ACTIVITY	SOL				COMPLETED
1. Exercise Video	9.1a	9.1b	9.2a	9.2b	
	9.3a	9.3b	9.3c	9.3d	
	9.4a	9.4b	9.4c	9.5a	
	9.5b	9.5c			
2. Aerobics	9.1a	9.1b	9.2a	9.2b	
	9.3a	9.3b	9.3c	9.3d	
	9.4a	9.4b	9.4c	9.5a	
	9.5b	9.5c			
3. Dance (non-traditional or traditional)	9.1a	9.1b	9.2a	9.2b	
	9.3a	9.3b	9.3c	9.3d	
	9.4a	9.4b	9.4c	9.5a	
	9.5b	9.5c			
other	9.1a	9.1b	9.2a	9.2b	
	9.3a	9.3b	9.3c	9.3d	
	9.4a	9.4b	9.4c	9.5a	
	9.5b	9.5c			

Checklist for Ninth Grade

Non-Traditional Activities Checklist

ACTIVITY	SOL				COMPLETED
1. War Ball	9.1a	9.1b	9.2a	9.2b	
	9.3a	9.3b	9.3c	9.3d	
	9.4a	9.4b	9.4c	9.5a	
	9.5b	9.5c			
2. Speed Ball	9.1a	9.1b	9.2a	9.2b	
	9.3a	9.3b	9.3c	9.3d	
	9.4a	9.4b	9.4c	9.5a	
	9.5b	9.5c			
3. Relays	9.1a	9.1b	9.2a	9.2b	
	9.3a	9.3b	9.3c	9.3d	
	9.4a	9.4b	9.4c	9.5a	
	9.5b	9.5c			
4. Obstacle Course	9.1a	9.1b	9.2a	9.2b	
	9.3a	9.3b	9.3c	9.3d	
	9.4a	9.4b	9.4c	9.5a	
	9.5b	9.5c			
5. Mat Ball	9.1a	9.1b	9.2a	9.2b	
	9.3a	9.3b	9.3c	9.3d	
	9.4a	9.4b	9.4c	9.5a	
	9.5b	9.5c			
6. Kickball	9.1a	9.1b	9.2a	9.2b	
	9.3a	9.3b	9.3c	9.3d	
	9.4a	9.4b	9.4c	9.5a	
	9.5b	9.5c			
7. Capture the Flag	9.1a	9.1b	9.2a	9.2b	
	9.3a	9.3b	9.3c	9.3d	
	9.4a	9.4b	9.4c	9.5a	
	9.5b	9.5c			
8. Tag Games	9.1a	9.1b	9.2a	9.2b	
	9.3a	9.3b	9.3c	9.3d	
	9.4a	9.4b	9.4c	9.5a	
	9.5b	9.5c			

Checklist for Ninth Grade

9. Ultimate Games	9.1a	9.1b	9.2a	9.2b	
	9.3a	9.3b	9.3c	9.3d	
	9.4a	9.4b	9.4c	9.5a	
	9.5b	9.5c			
10. Frisbee Activities	9.1a	9.1b	9.2a	9.2b	
	9.3a	9.3b	9.3c	9.3d	
	9.4a	9.4b	9.4c	9.5a	
	9.5b	9.5c			
others	9.1a	9.1b	9.2a	9.2b	
	9.3a	9.3b	9.3c	9.3d	
	9.4a	9.4b	9.4c	9.5a	
	9.5b	9.5c			