

Checklist for Tenth Grade

Team Sports - Checklist

ACTIVITY	SOL				COMPLETED
1. Football	10.1a	10.1b	10.2a	10.2b	
	10.3a	10.3b	10.3c	10.3d	
	10.4a	10.4b	10.4c	10.5a	
	10.5b	10.5c			
2. Field Hockey	10.1a	10.1b	10.2a	10.2b	
	10.3a	10.3b	10.3c	10.3d	
	10.4a	10.4b	10.4c	10.5a	
	10.5b	10.5c			
3. Soccer	10.1a	10.1b	10.2a	10.2b	
	10.3a	10.3b	10.3c	10.3d	
	10.4a	10.4b	10.4c	10.5a	
	10.5b	10.5c			
4. Volleyball	10.1a	10.1b	10.2a	10.2b	
	10.3a	10.3b	10.3c	10.3d	
	10.4a	10.4b	10.4c	10.5a	
	10.5b	10.5c			
5. Basketball	10.1a	10.1b	10.2a	10.2b	
	10.3a	10.3b	10.3c	10.3d	
	10.4a	10.4b	10.4c	10.5a	
	10.5b	10.5c			
6. Softball	10.1a	10.1b	10.2a	10.2b	
	10.3a	10.3b	10.3c	10.3d	
	10.4a	10.4b	10.4c	10.5a	
	10.5b	10.5c			
7. Floor Hockey	10.1a	10.1b	10.2a	10.2b	
	10.3a	10.3b	10.3c	10.3d	
	10.4a	10.4b	10.4c	10.5a	
	10.5b	10.5c			

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8. Lacrosse	10.1a	10.1b	10.2a	10.2b	
	10.3a	10.3b	10.3c	10.3d	
	10.4a	10.4b	10.4c	10.5a	
	10.5b	10.5c			
other	10.1a	10.1b	10.2a	10.2b	
	10.3a	10.3b	10.3c	10.3d	
	10.4a	10.4b	10.4c	10.5a	
	10.5b	10.5c			

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Individual/Dual Sports – Lifetime Activities Checklist

ACTIVITY	SOL				COMPLETED
1. Tennis	10.1a	10.1b	10.2a	10.2b	
	10.3a	10.3b	10.3c	10.3d	
	10.4a	10.4b	10.4c	10.5a	
	10.5b	10.5c			
2. Track and Field	10.1a	10.1b	10.2a	10.2b	
	10.3a	10.3b	10.3c	10.3d	
	10.4a	10.4b	10.4c	10.5a	
	10.5b	10.5c			
3. Golf	10.1a	10.1b	10.2a	10.2b	
	10.3a	10.3b	10.3c	10.3d	
	10.4a	10.4b	10.4c	10.5a	
	10.5b	10.5c			
4. Badminton	10.1a	10.1b	10.2a	10.2b	
	10.3a	10.3b	10.3c	10.3d	
	10.4a	10.4b	10.4c	10.5a	
	10.5b	10.5c			
5. Jump Roping	10.1a	10.1b	10.2a	10.2b	
	10.3a	10.3b	10.3c	10.3d	
	10.4a	10.4b	10.4c	10.5a	
	10.5b	10.5c			
6. Roller Blading	10.1a	10.1b	10.2a	10.2b	
	10.3a	10.3b	10.3c	10.3d	
	10.4a	10.4b	10.4c	10.5a	
	10.5b	10.5c			
7. Ropes Course	10.1a	10.1b	10.2a	10.2b	
	10.3a	10.3b	10.3c	10.3d	
	10.4a	10.4b	10.4c	10.5a	
	10.5b	10.5c			
8. Hiking	10.1a	10.1b	10.2a	10.2b	
	10.3a	10.3b	10.3c	10.3d	
	10.4a	10.4b	10.4c	10.5a	
	10.5b	10.5c			

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9. Horse Shoes	10.1a 10.3a 10.4a 10.5b	10.1b 10.3b 10.4b 10.5c	10.2a 10.3c 10.4c	10.2b 10.3d 10.5a	
10. Frisbee Golf	10.1a 10.3a 10.4a 10.5b	10.1b 10.3b 10.4b 10.5c	10.2a 10.3c 10.4c	10.2b 10.3d 10.5a	
11. Climbing Wall	10.1a 10.3a 10.4a 10.5b	10.1b 10.3b 10.4b 10.5c	10.2a 10.3c 10.4c	10.2b 10.3d 10.5a	
other	10.1a 10.3a 10.4a 10.5b	10.1b 10.3b 10.4b 10.5c	10.2a 10.3c 10.4c	10.2b 10.3d 10.5a	

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Physical Fitness Testing Checklist

ACTIVITY	SOL				COMPLETED
1. Mile-Run/Walk	10.1a	10.1b	10.2a	10.2b	
	10.3a	10.3b	10.3c	10.3d	
	10.4a	10.4b	10.4c	10.5a	
	10.5b	10.5c			
2. Shuttle Run	10.1a	10.1b	10.2a	10.2b	
	10.3a	10.3b	10.3c	10.3d	
	10.4a	10.4b	10.4c	10.5a	
	10.5b	10.5c			
3. V-Sit/Sit-N-Reach	10.1a	10.1b	10.2a	10.2b	
	10.3a	10.3b	10.3c	10.3d	
	10.4a	10.4b	10.4c	10.5a	
	10.5b	10.5c			
4. Pull-Ups/Bent Arm Han	10.1a	10.1b	10.2a	10.2b	
	10.3a	10.3b	10.3c	10.3d	
	10.4a	10.4b	10.4c	10.5a	
	10.5b	10.5c			
5. Sit-Ups	10.1a	10.1b	10.2a	10.2b	
	10.3a	10.3b	10.3c	10.3d	
	10.4a	10.4b	10.4c	10.5a	
	10.5b	10.5c			
other	10.1a	10.1b	10.2a	10.2b	
	10.3a	10.3b	10.3c	10.3d	
	10.4a	10.4b	10.4c	10.5a	
	10.5b	10.5c			

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Dance Checklist

ACTIVITY	SOL				COMPLETED
1. Exercise Video	10.1a	10.1b	10.2a	10.2b	
	10.3a	10.3b	10.3c	10.3d	
	10.4a	10.4b	10.4c	10.5a	
	10.5b	10.5c			
2. Aerobics	10.1a	10.1b	10.2a	10.2b	
	10.3a	10.3b	10.3c	10.3d	
	10.4a	10.4b	10.4c	10.5a	
	10.5b	10.5c			
3. Dance (non-traditional or traditional)	10.1a	10.1b	10.2a	10.2b	
	10.3a	10.3b	10.3c	10.3d	
	10.4a	10.4b	10.4c	10.5a	
	10.5b	10.5c			
other	10.1a	10.1b	10.2a	10.2b	
	10.3a	10.3b	10.3c	10.3d	
	10.4a	10.4b	10.4c	10.5a	
	10.5b	10.5c			

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Non-Traditional Activities Checklist

ACTIVITY	SOL				COMPLETED
1. War Ball	10.1a	10.1b	10.2a	10.2b	
	10.3a	10.3b	10.3c	10.3d	
	10.4a	10.4b	10.4c	10.5a	
	10.5b	10.5c			
2. Speed Ball	10.1a	10.1b	10.2a	10.2b	
	10.3a	10.3b	10.3c	10.3d	
	10.4a	10.4b	10.4c	10.5a	
	10.5b	10.5c			
3. Relays	10.1a	10.1b	10.2a	10.2b	
	10.3a	10.3b	10.3c	10.3d	
	10.4a	10.4b	10.4c	10.5a	
	10.5b	10.5c			
4. Obstacle Course	10.1a	10.1b	10.2a	10.2b	
	10.3a	10.3b	10.3c	10.3d	
	10.4a	10.4b	10.4c	10.5a	
	10.5b	10.5c			
5. Mat Ball	10.1a	10.1b	10.2a	10.2b	
	10.3a	10.3b	10.3c	10.3d	
	10.4a	10.4b	10.4c	10.5a	
	10.5b	10.5c			
6. Kickball	10.1a	10.1b	10.2a	10.2b	
	10.3a	10.3b	10.3c	10.3d	
	10.4a	10.4b	10.4c	10.5a	
	10.5b	10.5c			
7. Capture the Flag	10.1a	10.1b	10.2a	10.2b	
	10.3a	10.3b	10.3c	10.3d	
	10.4a	10.4b	10.4c	10.5a	
	10.5b	10.5c			
8. Tag Games	10.1a	10.1b	10.2a	10.2b	
	10.3a	10.3b	10.3c	10.3d	
	10.4a	10.4b	10.4c	10.5a	
	10.5b	10.5c			

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9. Ultimate Games	10.1a	10.1b	10.2a	10.2b	
	10.3a	10.3b	10.3c	10.3d	
	10.4a	10.4b	10.4c	10.5a	
	10.5b	10.5c			
10. Frisbee Activities	10.1a	10.1b	10.2a	10.2b	
	10.3a	10.3b	10.3c	10.3d	
	10.4a	10.4b	10.4c	10.5a	
	10.5b	10.5c			
others	10.1a	10.1b	10.2a	10.2b	
	10.3a	10.3b	10.3c	10.3d	
	10.4a	10.4b	10.4c	10.5a	
	10.5b	10.5c			