

Monday		Holiday
Tuesday	Location: Aux Gym TEKS: 2.04 3.02	Objective: Students will evaluate individual growth through fitness testing.
		Activities: 1. Roll call 2. Warm-up 3. Fitness Testing 4. Sell uniforms
		Materials: roll sheet, uniforms
		Follow Up/HW: Students will need \$20 to purchase uniform, also bring a combination lock to secure all personal belongings. (If not completed prior)
Wednesday/Thursda	Location: Aux Gym TEKS: 2.04 1.02	Objective: Students will actively participate in cardiovascular endurance activities.
		Activities: 1. Roll call 2. Warm-up 3. Circuit Training 4. Group Activity 5. Sell uniforms
		Materials: roll sheet, uniforms
		Follow Up/HW: Students will need \$20 to purchase uniform, also bring a combination lock to secure all personal belongings. (If not completed prior)
Friday	Location: F125 TEKS: 1.02 2.03	Objective: Students will be introduced to Foundations of Personal Fitness
		Activities: 1. Roll call 2. Introduction to Personal Fitness 3. Classroom Discussion (Section 1 & 2) 4. Classroom activity (Active Mind / Active Body pg 6-8 & 10-11)
		Materials: roll sheet, textbook
		Follow Up/HW: Students will need to read sections 3 & 4 for classroom discussion on Monday. Students will complete Section 1 and Section 2 review to turn in on Monday.