| Day         | Location: Aux Gym | Objective: Students will actively participate in aerobic activities. | Activities: 1. Roll call  
2. Warm-up  
3. Introduction to Step Aerobics  
4. Aerobics Routine  
5. Sell uniforms | Materials: roll sheet, uniforms, music |
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<tbody>
<tr>
<td>Monday</td>
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<td>Follow Up/HW: Students will need $20 to purchase uniform, also bring a combination lock to secure all personal belongings. (If not completed prior)</td>
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| Tuesday     |                   | Objective: Students will evaluate physical fitness through aerobic activity. | Activities: 1. Roll call  
2. Warm-up  
3. Step Aerobics Routine  
4. Sell uniforms | Materials: roll sheet, uniforms |
| Wednesday/Thursday |           | 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      |                   | 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) | | |
|             |                   | Objective: Students will actively participate in aerobic activities. | Activities: 1. Roll call  
2. Warm-up  
3. Step Aerobics Routine  
4. Sell uniforms | Materials: roll sheet, uniforms, music |
|             |                   | Follow Up/HW: Students will need $20 to purchase uniform, also bring a combination lock to secure all personal belongings. (If not completed prior) | | |