

Monday	Objective: (1.1 – 1.4)
	Activities: CHAPTER 1 REVIEW PAGES 33 - 35 * TRUE/FALSE 1-10 (WRITE THE QUESTIONS) * MULTIPLE CHOICE 1-10 (WRITE THE QUESTIONS) * DISCUSSION (#3 ONLY) (SECTION 3) * VOCABULARY EXPERIENCE (WRITE THE DEFINITIONS AND MATCH THEM WITH THE CORRECT TERMS) * CRITICAL THINKING (#2 AND #3)
	Materials: TEXTBOOK, NOTEBOOK, HANDOUTS
	Follow Up/HW: ACTIVE MIND/ACTIVE BODY ACTIVITIES AS MAKE-UP FOR ABSENCES AND NON-DRESSERS
Tuesday	Objective:
	Activities: 1. ROLL CALL 2. CARDIOVASCULAR AND MUSCLE/SKELETAL WARM – UP ACTIVITY 3. LAB 3 (PARTS OF FITNESS)
	Materials: ROLL SHEET, UNIFORM, LAB BOOKLET
	Follow Up/HW: ONE MILE RUN
Wed/Thur	Objective: STUDENTS WILL ACTIVELY PARTICIPATE IN CARDIOVASCULAR ENDURANCE ACTIVITIES.
	Activities: 1. ROLL CALL 2. CARDIOVASCULAR AND MUSCLE/SKELETAL WARM-UP 3. CIRCUIT TRAINING 4. GROUP UNIT (TENNIS)
	Materials: ROLL SHEETS, UNIFORMS
	Follow Up/HW: ONE MILE RUN
Friday	Objective: (1.1 – 1.4)
	Activities: * CHAPTER 1 TEST * NOTEBOOK CHECK
	Materials: TEXTBOOK, NOTEBOOK, HANDOUTS
	Follow Up/HW: ACTIVE MIND ACTIVE BODY ACTIVITY ON PAGE 15 AND 16