### Monday

**Objective:** (1.1 – 1.4)

**Activities:**
- **CHAPTER 2 SECTION 1 – MEDICAL EVALUATIONS**
- * RECORD CHAPTER 2 SECTION 1 OBJECTIVES IN NOTEBOOK
- * SILENTLY READ CHAPTER 2 SECTION 1
- * READ AND DISCUSS KEY POINTS ALOUD
- * RECORD THE “P.A.R. – Q AND YOU” QUESTIONNAIRE ON PAGE 40

**Materials:** TEXTBOOK, NOTEBOOK

**Follow Up/HW:** COMPLETE P.A.R Q AND YOU QUESTIONNAIRE

### 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 ACTIVITY (INDIVIDUAL SPORTS: TRACK AND FIELD)

**Materials:** ROLL SHEETS, UNIFORMS

**Follow Up/HW:** ONE MILE RUN

### Friday

**Objective:** (1.1 – 1.4)

**Activities:**
- * CHAPTER 2 SECTION 1 HANDOUT
- * SECTION REVIEW ON PAGE 41
- * REVIEW CHAPTER 2 SECTION 1 HANDOUT AND SECTION REVIEW
- * BEGIN READING CHAPTER 2 SECTION 2
- * NOTEBOOK CHECK

**Materials:** TEXTBOOK, NOTEBOOK, HANDOUTS

**Follow Up/HW:** COMPLETE READING CHAPTER 2 SECTION 2