

Monday	Location: Aux Gym TEKS: 1.01 1.02 2.01 2.02	Objective: Students will actively participate in aerobic activities.
		Activities: 1. Roll call 2. Warm-up 3. Students review choreographed 2 Minute Step Aerobics Routine 4. Students perform 2 Minute Step Aerobics Routine
		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)
Tuesday	Location: Aux Gym TEKS: 1.01 1.02 2.01 2.02	Objective: Students will actively participate in aerobic activities.
		Activities: 1. Roll call 2. Warm-up 3. Students review choreographed 2 Minute Step Aerobics Routine 4. Students perform 2 Minute Step Aerobics Routine
		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)
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: Aux Gym TEKS: 1.01 1.02 2.01 2.02	Objective: Students will actively participate in Pilates aerobic activities.
		Activities: 1. Roll call 2. Warm-up 3. Introduction to Pilates 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)