

Monday	Objective: THE STUDENT WILL REVIEW CHAPTER TWO (SECTIONS 1-7) FOR TEST ON FRIDAY (MAKING PHYSICAL ACTIVITY AND EXERCISE SAFE FOR YOU)
	Activities: * OVERVIEW OF CHAPTER 2 SECTION REVIEWS * ASSIGN STUDENTS CHAPTER 2 CHAPTER REVIEW (PAGE 65-66) * REVIEW CHAPTER REVIEW FOR TEST ON FRIDAY * NOTEBOOK CHECK
	Materials: TEXTBOOK, NOTEBOOK, HANDOUTS
	Follow Up/HW: STUDY FOR CHAPTER TWO TEST ON FRIDAY
Tuesday	Objective: STUDENTS WILL PARTICIPATE IN CARDIOVASCULAR ENDURANCE ACTIVITIES
	Activities: 1. ROLL CALL 2. CARDIOVASCULAR AND MUSCLE/SKELETAL WARM – UP ACTIVITY 3. LAB 4 (BENCH PRESS MAX, SQUAT MAX)
	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
	Materials: ROLL SHEETS, UNIFORMS
	Follow Up/HW: ONE MILE RUN
	Objective: THE STUDENT WILL BE ABLE TO CORRECTLY ANSWER TEST QUESTIONS CONCERNING THE FOLLOWING: -HOW TO SAFELY ENGAGE IN PHYSICAL ACTIVITY AND EXERCISE -UNDERSTAND THE IMPORTANCE OF MEDICAL EVALUATIONS AND SCREENINGS, ENVIRONMENTAL ISSUES, CLOTHING OPTIONS, BASIC BIOMECHANICS, INJURY PREVENTION AND CARE, AND ADHERENCE TO PERSONAL FITNESS. THE STUDENT WILL BE ABLE TO -DEFINE AND EXPLAIN THE TERMS RELATED TO THE SCIENTIFIC PRINCIPLE OF OVERLOAD. -TO EXPLAIN THE APPLICATION OF OVERLOAD IN DESIGNING PERSONAL FITNESS PROGRAMS.
	CHAPTER 3 SECTION 1- THE SCIENTIFIC PRINCIPLE OF OVERLOAD
	Activities: * CHAPTER TWO TEST * BEGIN READING CHAPTER 3 SECTIONS 1 * ANSWER CHAPTER 3 SECTION 1 SECTION REVIEW ON PAGE 79
	Materials: TEXTBOOK, NOTEBOOK
	Follow Up/HW: READ CHAPTER 3 SECTION 1 FOR MONDAY DISCUSSION