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

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

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