<table>
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<th>Day</th>
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| Monday   | Aux Gym        | Students will actively participate in aerobic activities. | 1. Roll call  
2. Warm-up  
3. Students will be introduced to Cardio Kickboxing by Billy Blanks | roll sheet, uniforms, Kick Boxing DVD       | Students will need $20 to purchase uniform, also bring a combination lock to secure all personal belongings. (If not completed prior) |
| Tuesday  | Aux Gym        | Students will actively participate in aerobic activities. | 1. Roll call  
2. Warm-up  
3. Students will participate in Cardio Kickboxing | roll sheet, uniforms, Kick Boxing DVD       | Students will need $20 to purchase uniform, also bring a combination lock to secure all personal belongings. (If not completed prior) |
| Wednesday/Thursday | Aux Gym | Students will actively participate in cardiovascular endurance activities. | 1. Roll call  
2. Warm-up  
3. Circuit Training  
4. Group Activity  
5. Sell uniforms | roll sheet, uniforms       | Students will need $20 to purchase uniform, also bring a combination lock to secure all personal belongings. (If not completed prior) |
| Friday   | Aux Gym        | Students will actively participate in aerobic activities. | 1. Roll call  
2. Warm-up  
3. Students will participate in Cardio Kickboxing | roll sheet, uniforms, Kick Boxing DVD       | Students will need $20 to purchase uniform, also bring a combination lock to secure all personal belongings. (If not completed prior) |