<table>
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<th>Day</th>
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| Monday    | (2.2) THE STUDENT WILL LEARN TO DETERMINE HOW WEATHER CONDITIONS CAN INFLUENCE THE SAFETY OF THEIR PERSONAL FITNESS PROGRAM. | CHAPTER 2 SECTION 2 – WEATHER CONDITIONS  
* RECORD CHAPTER 2 SECTION 2 OBJECTIVES IN NOTEBOOK  
* SILENTLY READ CHAPTER 2 SECTION 2  
* READ AND DISCUSS KEY POINTS ALOUD  
* SECTION REVIEW ON PAGE 46  
* WORKSHEET ON SECTION 2.2 | TEXTBOOK, NOTEBOOK                                                        | CONSUMER CORNER ACTIVITY ON PAGE 46                                                          |
| Tuesday   | STUDENTS WILL PARTICIPATE IN CARDIOVASCULAR ENDURANCE ACTIVITIES.         | 1. ROLL CALL  
2. CARDIOVASCULAR AND MUSCLE/SKELETAL WARM-UP  
3. LAB 4 (PARTS OF FITNESS) | ROLL SHEET, UNIFORM, LAB BOOKLET                                                          | ONE MILE RUN                                    |
| Wed/Thur  | STUDENTS WILL ACTIVELY PARTICIPATE IN CARDIOVASCULAR ENDURANCE ACTIVITIES. | 1. ROLL CALL  
2. CARDIOVASCULAR AND MUSCLE/SKELETAL WARM-UP  
3. CIRCUIT TRAINING (Interval training)  
4. GROUP ACTIVITY (FLOOR HOCKEY {WILLIAMS}, BASKETBALL {GILBEAUX}) | ROLL SHEETS, UNIFORMS                                                                       | ONE MILE RUN                                    |
| Friday    | (2.2) THE STUDENT WILL DETERMINE HOW WEATHER CONDITIONS CAN INFLUENCE THE SAFETY OF THEIR PERSONAL FITNESS PROGRAM. |  
* QUICK OVERVIEW OF CHAPTER 2 SECTION 2  
* POP QUIZ ON SECTION 2.2  
* SILENTLY READ SECTION 2.3  
* DISCUSS CHAPTER 2 SECTION 3  
* NOTEBOOK CHECK | TEXTBOOK, NOTEBOOK, HANDOUTS                                                      | COMPLETE FOCUS ACTIVITIES FOR SECTION 2.3 ON PAGE 48 |