<table>
<thead>
<tr>
<th>Day</th>
<th>Location: Aux Gym</th>
<th>Objective: Students will actively participate in aerobic activities.</th>
</tr>
</thead>
<tbody>
<tr>
<td>Monday</td>
<td></td>
<td>Activities: 1. Roll call</td>
</tr>
<tr>
<td></td>
<td></td>
<td>2. Warm-up</td>
</tr>
<tr>
<td></td>
<td></td>
<td>3. Students will be introduced to Cardio Kickboxing by Billy Blanks</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Materials: roll sheet, uniforms, Kick Boxing DVD</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Follow Up/HW: None</td>
</tr>
<tr>
<td>Tuesday</td>
<td></td>
<td>Objective: Students will actively participate in aerobic activities.</td>
</tr>
<tr>
<td></td>
<td></td>
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</tr>
<tr>
<td></td>
<td></td>
<td>2. Warm-up</td>
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<tr>
<td></td>
<td></td>
<td>Follow Up/HW: None</td>
</tr>
<tr>
<td>Wednesday/Thursday</td>
<td>Location: Aux Gym</td>
<td>Objective: Students will actively participate in cardiovascular endurance activities.</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Activities: 1. Roll call</td>
</tr>
<tr>
<td></td>
<td></td>
<td>2. Warm-up</td>
</tr>
<tr>
<td></td>
<td></td>
<td>3. Circuit Training</td>
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<td></td>
<td>4. Group Activity</td>
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<td></td>
<td></td>
<td>5. Sell uniforms</td>
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<tr>
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<td></td>
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</tr>
<tr>
<td></td>
<td></td>
<td>Follow Up/HW: None</td>
</tr>
<tr>
<td>Friday</td>
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