<table>
<thead>
<tr>
<th>Day</th>
<th>Objective</th>
<th>Activities</th>
<th>Materials</th>
<th>Follow Up/HW</th>
</tr>
</thead>
</table>
| Monday  | THE STUDENT WILL REVIEW CHAPTER THREE (SECTIONS 1-6) FOR TEST ON FRIDAY   | * OVERVIEW OF CHAPTER 3 SECTION REVIEWS  
* ASSIGN STUDENTS CHAPTER 3 CHAPTER REVIEW (PAGE 65-66)  
* REVIEW CHAPTER REVIEW FOR TEST ON FRIDAY  
* NOTEBOOK CHECK                                                                 | TEXTBOOK, NOTEBOOK, HANDOUTS  | STUDY FOR CHAPTER THREE TEST ON FRIDAY           |
| Tuesday | STUDENTS WILL PARTICIPATE IN CARDIOVASCULAR ENDURANCE ACTIVITIES          | 1. ROLL CALL  
2. CARDIOVASCULAR AND MUSCLE/SKELETAL WARM-UP ACTIVITY  
3. LAB 4 (CARDIOVASCULAR ENDURANCE TEST)                                                                 | 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  
4. GROUP ACTIVITY                                                                 | ROLL SHEETS, UNIFORMS           | ONE MILE RUN                                     |
|         | THE STUDENT WILL BE ABLE TO CORRECTLY ANSWER TEST QUESTIONS CONCERNING THE | - THE STUDENT WILL BE ABLE TO  
- EXPLAIN HOW HEALTH RELATED FITNESS AND SKILL RELATED FITNESS ARE RELATED TO PHYSICAL FITNESS  
- IDENTIFY AND EXPLAIN COMPONENTS OF HEALTH & SKILL RELATED FITNESS  
- EXPLAIN WHY HEALTH RELATED FITNESS IS IMPORTANT TO THEIR HEALTH  
- WHICH LIFETIME ACTIVITIES ARE MOST OFTEN USED BY ACTIVE ADULTS  | TEXTBOOK, NOTEBOOK              | READ CHAPTER 4 SECTION 3 FOR MONDAY DISCUSSION     |
|         | DESIGN AND DEVELOPMENT OF PHYSICAL ACTIVITY AND EXERCISE PROGRAMS.       |                                                                                               |                                  |                                                 |