<table>
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<th>Day</th>
<th>Objective</th>
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| Monday    | THE STUDENT WILL REVIEW CHAPTERS 1-8 TO COMPLETE FINAL EXAM STUDY GUIDE    | * OVERVIEW OF CHAPTERS 1-8 SECTION REVIEWS  
* ASSIGN STUDENTS FINAL EXAM REVIEW (CHAPTERS 1-8)  
* NOTEBOOK CHECK                                      | TEXTBOOK, NOTEBOOK, HANDOUTS                                    | COMPLETE FINAL EXAM REVIEW FOR FRIDAY          |
| Tuesday   | STUDENTS WILL PARTICIPATE IN CARDIOVASCULAR ENDURANCE ACTIVITIES           | 1. ROLL CALL  
2. CARDIOVASCULAR AND MUSCLE/SKELETAL WARM – UP ACTIVITY  
3. LAB (CARDIOVASCULAR ENDURANCE TEST)                | ROLL SHEET, UNIFORM, LAB BOOKLET | COMPLETE FINAL EXAM REVIEW FOR FRIDAY          |
| 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                                     | COMPLETE FINAL EXAM REVIEW FOR FRIDAY          |
|           |                                                                          | * REVIEW STUDY GUIDE FOR FOUNDATIONS OF PERSONAL FITNESS CHAPTERS 1-8    | TEXTBOOK, NOTEBOOK, STUDY GUIDE                | STUDY FOR FINAL EXAM ON MONDAY                   |