<table>
<thead>
<tr>
<th>Day</th>
<th>Location</th>
<th>TEKS</th>
<th>Objective</th>
<th>Activities</th>
<th>Materials</th>
<th>Follow Up/HW</th>
</tr>
</thead>
</table>
| **Monday**       | F125                  | 1.02 2.03     | Students will complete Review Sections for Chapter 4                                                 | 1. Roll call  
2. Review of all Chapter 4 Section Reviews and Chapter 4 Handouts  
3. Assign Chapter 4 Chapter Review Pages 153-155 | roll sheet, textbook, handouts                                            | Students will need to complete Chapter 4 Chapter Review for discussion on Friday.                                      |
| **Tuesday**      | Aux Gym               | 2.04 3.02     | Students will evaluate individual growth through weight room activities.                            | 1. Roll call  
2. Warm-up  
3. Weight Room Workout                                                                                     | roll sheet, uniforms                                                      | None                                                                 |
| **Wednesday/Thursday** | Aux Gym             | 2.04 1.02    | Students will actively participate in cardiovascular endurance activities.                        | 1. Roll call  
2. Warm-up  
3. Circuit Training  
4. Group Activity                                                                                       | roll sheet, uniforms                                                      | None                                                                 |
| **Friday**       | F125                  | 1.02 2.03     | Students will be able to:  
- Explain how health related fitness & skill related fitness are related to physical fitness.  
- Explain the differences between health related fitness and skill related fitness.  
- Identify and explain examples of skill-related & health related fitness evaluations | 1. Roll call  
2. Classroom Discussion (Chapter 4 Chapter Review)  
3. Classroom Activity                                                                                   | roll sheet, textbook                                                      | Review Handouts, Section Reviews, and Chapter Reviews for test on Monday. |