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