

Week of: March 31-April 4, 2008

Teacher: Gilbeaux

Subject: Aerobics

Monday	Location: Aux Gym  TEKS: 1.01 1.02 2.01 2.02	Objective: Students will actively participate in aerobic activities.
		Activities: 1. Roll call 2. Warm-up 3. Step Aerobics Routine
		Materials: roll sheet, uniforms, music
		Follow Up/HW: None
Tuesday	Location: Aux Gym  TEKS: 1.01 1.02 2.01 2.02	Objective: Students will actively participate in aerobic activities.
		Activities: 1. Roll call 2. Warm-up 3. Step Aerobics Routine
		Materials: roll sheet, uniforms, music
		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: Aux Gym  TEKS: 1.01 1.02 2.01 2.02	Objective: Students will actively participate in aerobic activities.
		Activities: 1. Roll call 2. Warm-up 3. Step Aerobics Routine
		Materials: roll sheet, uniforms, music
		Follow Up/HW: None