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<th>Day</th>
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| Monday    | Aux Gym       | Students will actively participate in aerobic activities.                 | 1. Roll call  
2. Warm-up  
3. Step Aerobics Routine | roll sheet, uniforms, music                     | 1.01 1.02 2.01 2.02 | None          |
| Tuesday   | Aux Gym       | Students will actively participate in aerobic activities.                 | 1. Roll call  
2. Warm-up  
3. Step Aerobics Routine | roll sheet, uniforms, music                     | 1.01 1.02 2.01 2.02 | None          |
| Wednesday | Aux Gym       | Students will actively participate in cardiovascular endurance activities. | 1. Roll call  
2. Warm-up  
3. Circuit Training  
4. Group Activity | roll sheet, uniforms                             | 2.04 1.02              | None          |
| Thursday  | Aux Gym       | Students will actively participate in aerobic activities.                 | 1. Roll call  
2. Warm-up  
3. Step Aerobics Routine | roll sheet, uniforms, music                     | 1.01 1.02 2.01 2.02 | None          |