

Name: Daniel Rivera/Alec Hathcock		Grading Quarter: 1st	Week Beginning: 08/01/23
School Year: 23/24		Subject: Weights/PE Athletic Fall	
Monday	Notes:	<p>Objective: Syllabus Overview</p> <p>Lesson Overview: Procedures, Rules and Policies Lockers Expectations for Schedule and Programming Two Groups</p>	Academic Standards: Standard 5
Tuesday	Notes:	<p>Objective: Weight Room Organization and Etiquette/Pre-Test Written</p> <p>Lesson Overview: Take Pretest written Weight Room Walkthrough Safety Overview</p>	Academic Standards: Standard 1 Standard 4 Standard 5
Wednesday	Notes:	<p>Objective: Physical Pre-Test Strength and Power</p> <p>Lesson Overview: Warm up- Jump Rope 2 mins Push Up Test Pull Up Test Front Plank Timed</p>	Academic Standards: Standard 1 Standard 4 Standard 5
Thursday	Notes:	<p>Objective: Pre-Test Power/Aerobic</p> <p>Lesson Overview: Standing Long Jump 12 Min Run</p>	Academic Standards: Standard 1 Standard 4 Standard 5
Friday	Notes:	<p>Objective: Pre-Test Agility</p> <p>Lesson Overview: Introduction: Pro Agility 5-10-5 T-Test Mobility/Stretch</p>	Academic Standards: Standard 1 Standard 4 Standard 5

