

Name: Daniel Rivera/Alec Hathcock		Grading Quarter: 1	Week Beginning: 9/11/2023
School Year: 23/24		Subject: Weights/PE Athletics	
Monday	Notes:	<p>Objective: Demonstrate proper technique, form and safety while performing lower body exercises including squat and hang cleans as the core lifts.</p> <p>Lesson Overview: Block 2 Monday Week 5 Lower Body Workout See Canvas for detailed workout.</p>	<p>Academic Standards: PE High School State Standard S1.H1.L1 S2.H2.L1 S3.H5.L1 S4 S5</p>
Tuesday	Notes:	<p>Objective: Demonstrate proper technique, form and safety while performing upper body exercises including bench press as the core lift.</p> <p>Lesson Overview: Block 2 Tuesday Week 5 Upper Body Workout See Canvas for detailed workout</p>	<p>Academic Standards: S1.H1.L1 S2.H2.L1 S3.H5.L1 S4 S5</p>
Wednesday	Notes:	<p>Objective: Demonstrate proper technique, form and safety while performing lower body exercises including front squat as the core lift.</p> <p>Lesson Overview: Block 2 Wednesday Week 5 Lower Body Workout See Canvas for detailed workout</p>	<p>Academic Standards: S1.H1.L1 S2.H2.L1 S3.H5.L1 S4 S5</p>
Thursday	Notes:	<p>Objective: Demonstrate proper technique, form and safety while performing upper body exercises including incline bench press as the core lift.</p> <p>Lesson Overview: Block 2 Thursday Week 5 Upper Body Workout See Canvas for detailed workout</p>	<p>Academic Standards: S1.H1.L1 S2.H2.L1 S3.H5.L1 S4 S5</p>
Friday	Notes:	<p>Objective: Learn and understand the basic rules and fundamental ways to play volley tennis (PE game)</p> <p>Lesson Overview: We will split into teams of 6 and round robin play.</p>	<p>Academic Standards: S4.H1.L1 S4.H2.L1 S5</p>