

Name: Daniel Rivera/Alec Hathcock		Grading Quarter: 2	Week Beginning: 10/17/23
School Year: 23/24		Subject: Weights/PE Athletics	
Monday	Notes: No School	Objective: Lesson Overview:	Academic Standards:
Tuesday	Notes:	Objective: Demonstrate proper technique, form and safety while performing lower body exercises including squats and hang cleans as the core lifts. Lesson Overview: Block 2 Monday Week 8 Lower Body Workout See Canvas for detailed workout.	Academic Standards: PE High School State Standard S1.H1.L1 S2.H2.L1 S3.H5.L1 S4 S5
Wednesday	Notes:	Objective: Demonstrate proper technique, form and safety while performing upper body exercises including bench press as the core lift. Lesson Overview: Block 2 Tuesday Week 7 Upper Body Workout See Canvas for detailed workout	Academic Standards: S1.H1.L1 S2.H2.L1 S3.H5.L1 S4 S5
Thursday	Notes:	Objective: Demonstrate proper technique, form and safety while performing lower body exercises including front squat as the core lift. Lesson Overview: Block 2 Wednesday Week 8 Lower Body Workout See Canvas for detailed workout	Academic Standards: S1.H1.L1 S2.H2.L1 S3.H5.L1 S4 S5
Friday	Notes:	Objective: Demonstrate proper technique, form and safety while performing upper body exercises including incline bench press as the core lift. Lesson Overview: Block 2 Thursday Week 8 Upper Body Workout See Canvas for detailed workout	Academic Standards: S1.H1.L1 S2.H2.L1 S3.H5.L1 S4 S5

