

Name: Daniel Rivera/Alec Hathcock		Grading Quarter: 2	Week Beginning: 12/11/23
School Year: 23/24		Subject: Weights/PE Athletics	
Monday	Notes:	<p>Objective: Demonstrate proper technique, form and safety while performing lower body exercises including squats as the core lift.</p> <p>Lesson Overview: Max week Squats Free Lift- Lower Body</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: Max Week Bench Press Free Lift- Upper Body</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 full body exercises including power clean as the core lift.</p> <p>Lesson Overview: Max Week Power Clean Free Lift- Full Body</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 Lower body exercises including incline Deadlift as the core lift.</p> <p>Lesson Overview: Max Week Deadlift Free Lift-Upper Body</p>	<p>Academic Standards: S1.H1.L1 S2.H2.L1 S3.H5.L1 S4 S5</p>

Friday	Notes:	<p>Objective: Free Day- Learn to engage with others in competition and work in cooperation with teammates to win a game.</p> <p>Lesson Overview: Class choice of game</p>	<p>Academic Standards:</p> <p>S4.H1.L1 S4.H2.L1 S5</p>
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