

Name: Daniel Rivera		Grading Quarter: 3	Week Beginning: 01/16/24
School Year: 23/24		Subject: Weights/PE Athletics Spring	
Monday	Notes:	NO SCHOOL MLK DAY	
Tuesday	Notes:	<p>Objective: Aerobic Testing/Lower Body Power Introduction to Squat Technique</p> <p>Lesson Overview: Gym 12 Min. Run Standing Long Jump (Broad Jump) Squat instruction (Safety, spotting, progression)</p>	<p>Academic Standards: PE High School State Standard S1.H1.L1 S2.H2.L1 S3.H5.L1 S4 S5</p>
Wednesday	Notes:	<p>Objective: Physical Testing/Bench Introduction</p> <p>Lesson Overview: Plank Test Push up Test Pull up Test Bench Introduction</p>	<p>Academic Standards: S1.H1.L1 S2.H2.L1 S3.H5.L1 S4 S5</p>
Thursday	Notes:	<p>Objective: Anaerobic Cardio Testing/Agility</p> <p>Lesson Overview: Pacer Test T Test 5-10-5</p>	<p>Academic Standards: S1.H1.L1 S2.H2.L1 S3.H5.L1 S4 S5</p>
Friday	Notes:	<p>Objective: Deadlift/Power clean/ snatch/Clean and Jerk Introduction</p> <p>Lesson Overview: Deadlift Power Clean Snatch Clean and Jerk</p>	<p>Academic Standards: S1.H1.L1 S2.H2.L1 S3.H5.L1 S4 S5</p>