Name: Daniel Rivera			Grading Quarter: 3		Week Beginning: 01/16/24	
School Year: 23/24			Subject: Weights/PE Athletics Spring			
	Notes:	NO SCHOOL MLK	DAY			
Monday						
	Notes: Objective: Aerobic Testing/Lower Body Power Introduction to Squat Technique				Academic Standards:	
		introduction to sq	uat reciiiique		PE High School	
Tu		Lesson Overview:			State Standard	
Tuesday	Gym 12 Min. Run				S1.H1.L1	
lay		Standing Long Jum			S2.H2.L1	
		Squat instruction (Safety, spotting, progression)			S3.H5.L1	
					S4 S5	
	Notes: Objective: Physical Testing/Bench Introduction				Academic	
	Notes.	Objective: 1 Hysica	resting, benefit introducti	Oli	Standards:	
8					S1.H1.L1	
'ed		Lesson Overview:			S2.H2.L1	
ne		Plank Test			S3.H5.L1	
Wednesday		Push up Test			S4	
<u> </u>	T all up rest				S5	
		Bench Introduction	n			
	Notes:	Objective: Anaero	bic Cardio Testing/Agility		Academic	
					Standards:	
-					S1.H1.L1	
huı		Lesson Overview:			S2.H2.L1	
Thursday		Pacer Test			S3.H5.L1	
ay		T Test 5-10-5			S4 S5	
		3-10-3			33	
	Notes:	Objective: Deadlift 	t/Power clean/ snatch/Cle	an and Jerk Introduction	Academic	
Friday					Standards: S1.H1.L1	
		Lesson Overview:			S1.H1.L1 S2.H2.L1	
		Deadlift			S3.H5.L1	
lay		Power Clean			S4	
		Snatch			S5	
		Clean and Jerk				