**Week 2**

**Jan. 17 – Jan 21**

**Freshmen PE/ Health**

Monday- Martin Luther King Day (No School)

Tuesday- Weight Room workout A intro / Health (Chapter 19 lesson 1 and 2)

Wednesday- Weight Room workout A intro / Health (Chapter 19 lesson 1 and 2)

Thursday- Weight Room workout B intro / Health (Chapter 19 lesson 1 and 2)

Friday- Weight Room workout B intro / Health. (Chapter 19 lesson 1 and 2)

\*Students have different schedules throughout the week.

Assignments are; Workout A, Workout B, Health, Cardio. Four days four assignments

**MS PE**

Monday- Martin Luther King Day (No School)

Tuesday- Proper benching/Press form/ Basketball Intro

Wednesday- Review Squat form- back squat, Deadlift/ Basketball Skills

Thursday- Review Benching/Press form and techniques/ Basketball skills and techniques

Friday- Basketball skills work and game (Set up In stations)

**Recreation**

Monday- Martin Luther King Day (No School)

Tuesday- Map and compass intro

Wednesday- Types of Maps

Thursday- Using a compass (Parts and tools)

Friday- Review and activity day

**Fitness/Activities**

Monday- Martin Luther King Day (No School)

Tuesday- Group B: Weight room/ Group: Activity

Wednesday- Group A: Weight room/ Group B: Activity

Thursday- Group B: Weight room/ Group: Activity

Friday- Optional WR or Activity

**S&C Class**

Monday- Martin Luther King Day (No School)

Tuesday- Weight Room Workout - I

Wednesday- Weight Room Workout- J

Thursday- Weight Room Workout -K

Friday- Weight Room Workout -L