Week Eight

10/21- 10/26

Lesson Plans

**Freshman PE/ Health**

**Monday:** Cardio Challenge (advanced group complete daily program)

**Tuesday:** Chapter 3 Lesson 3 and 4

**Wednesday:** Intro to workout plan and completing of daily workout (advanced group complete daily program)

**Thursday:** Chapter 3 lesson 3 and 4

**Friday:** Half day Complete daily workout ( Agility and Coordination)

**Enhanced Strength and Conditioning**

**Monday:** Group A: Weight room (Testing and programming)

Group B: Gym (Balance and Agility)

**Tuesday:** Group A: Gym (20 min core workout) \*Game day Athletes: Stretch and Roll

Group B: Weight room (Testing and programming)

**Wednesday:** Group A: Weight room

Group B: Gym (Speed and Coordination) \*Game day Athletes: Stretch and Roll

**Thursday:** Group A: Gym ( 20 min flexibility and range of motion) \*Game day Athletes: Stretch and Roll

Group B: Weight Room

**Friday:** Group A: Weight Room

Group B: Gym (5 Min Cardio run - cooperative game) \*Game day Athletes: Stretch and Roll

**Recreation**

Monday: Survivor skills – Lesson 2: Signals

Tuesday: Survivor skills – Lesson 3: Water sweet water (Purification)

Wednesday: Survivor skills – Lesson 4: Water sweet water (Demo)

Thursday: Survivor skills – Lesson 5 Jungle internet activity

Friday: Weekly wrap up and activity. Half Day

**Fitness and Activities**

**Monday:** Cooperative activity with agility

**Tuesday:** Basketball

**Wednesday:** Balance and Cooperative activity

**Thursday:** Basketball

**Friday:** Half Day Cooperative activity (Friday Fun Day)

**MS PE- 8th grade**

**Monday:** Basketball - Dribbling

**Tuesday:** Weight room- practice workout routine in weight room

**Wednesday:** Basketball – Review passing, dribbling, and shooting in small sided activity

**Thursday :** Weight room- Intro to group workout plan

**Friday:** Half Day Cooperative activity (Friday Fun Day)