Week Five

9/30- 10/4

Lesson Plans

**Freshman PE/ Health**

**Monday:** Intro to / using stationary machines in weight room (advanced group complete daily program)

**Tuesday:** Review Chapter 1 and 2

**Wednesday:** Practice: Power clean and back squat using weight room (advanced group complete daily program)

**Thursday:** Health- Chapter 1 and 2 test

**Friday:** Cooperative game- Handball

**Enhanced Strength and Conditioning**

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

Group B: Gym (Balance and Agility)

**Tuesday:** Group A: Gym (Balance and Agility) \*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 (Speed and Coordination) \*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: Bow grip and release / setting arrow in place

Tuesday: Instinctive vs sight shooting

Wednesday: Group project- Poster of the steps in which we have reviewed.

Thursday: Stance practice and cue review

Friday: Weekly wrap up and activity.

**Fitness and Activities**

**Monday:** Intro to Handball / Practice

**Tuesday:** Handball- introducing team strategy

**Wednesday:** Handball

**Thursday:** Handball

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

**MS PE- 8th grade**

**Monday:** Intro to handball

**Tuesday:** Weight room (Using the bench correctly)

**Wednesday:** Handball- Team Strategies

**Thursday:** Weight room (Practice Bench and hang clean)

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