Week Four

9/23- 9/27

Lesson Plans

**Freshman PE/ Health**

**Monday:** Review previous lesson- Squat and athletic position, Agility and conditioning, Football throwing and catching

**Tuesday:** Health- Chapter 2 lesson 2 and 3

**Wednesday:** Intro to weight room safety

**Thursday:** Health- Chapter 2 lesson 4

**Friday:** Flag football

**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: Types of bows- Compound, Recurve, and long bow

Tuesday: Types of arrows- Including tips and correcting knocking

Wednesday: Archery safety and stance

Thursday: Archery safety and stance

Friday: Weekly wrap up and activity. (Homecoming assembly)

**Fitness and Activities**

**Monday:** Air force football (inside)

**Tuesday:** Flag football (Weather permitting)

**Wednesday:** Hand-eye coordination activity and reaction time

**Thursday:** Flag football (weather permiting)

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

**MS PE- 8th grade**

**Monday:** Review Football terms and passing routes

**Tuesday:** Weight room safety

**Wednesday:** Flag football (weather permitting)

**Thursday:** Weight room - Terminology and form

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