**Lesson Plans**

**Week 1**

Freshman PE/ Health

Tuesday: Intro to Freshmen PE/Health

Wednesday: Goal Setting (Preparing for life as a high school student)

Thursday: Developing short and long term goals

Friday: Sharing goals and discussing them as a class

Enhanced Strength and Conditioning

Tuesday: Intro to Enhanced Strength and Conditioning

Wednesday: Intro to weight room procedure

Thursday: Week 1 workout

Friday: Week 1 workout

Recreation

Tuesday: Intro to Recreation class

Wednesday: Intro to canoeing and kayaking

Thursday: Canoeing and kayaking

Friday: Canoeing and kayaking

Fitness and Activities

Tuesday: Intro to Fitness and activities

Wednesday: Routine and procedures

Thursday: Cooperative game

Friday: Cooperative Game

MS PE

Tuesday: Intro to Fitness and activities

Wednesday: Routine and procedures

Thursday: Cooperative game

Friday: Cooperative Game