**Week 1**

**Jan. 3 – Jan 7th**

**Freshmen PE/ Health**

Monday- New Semester: Review rules and expectations, Review weekly Agenda

Tuesday- Fitnessgram pacer-test

Wednesday- Fitnessgram Pacer-test

Thursday- Fitnessgram Push-up and Sit up test

Friday- Fitnessgram Push up and Sit up test.

\*Note: Weight room will be used for those not doing the test on certain days

**MS PE**

Monday- Intro to MSPE

Tuesday- Routine and Procedures

Wednesday- Pacer test

Thursday- Push-up and Sit-up Test

Friday- Flexibility test and Makeup

**Recreation**

Monday- Review expectations

Tuesday- Map and compass intro

Wednesday- Types of Maps

Thursday- Using a compass (Parts and tools)

Friday- Review and activity day

**Fitness/Activities**

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

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- Weight Room (A)

Tuesday- Weight Room (B)

Wednesday- Weight Room/Conditioning NON or (C)

Thursday- Weight Room (C) or (D)

Friday- Weight Room (D) or Activity if Game Day