Week six

10/11- 10/7

Lesson Plans

**Freshman PE/ Health**

**Monday:** Intro to / using racks and free weights (advanced group complete daily program)

**Tuesday:** Chapter 3 Lesson 1 and 2

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

**Thursday: (Half day)**Review Chapter 3 lesson 1 and 2. Introduce lesson 3

**Friday:** Complete daily workout. Intro to Basketball

**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: (Half Day)** 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: Archery steps and stance to shooting

Tuesday: Archery- identify and review equipment used

Wednesday: Team building activity

Thursday: **(Half Day)** Archery Test

Friday: Weekly wrap up and activity.

**Fitness and Activities**

**Monday:** Cooperative activity

**Tuesday:** Intro to Basketball

**Wednesday:** Team building

**Thursday:** **(Half Day)**Boundaries and lines in basketball

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

**MS PE- 8th grade**

**Monday:** Hnadball- cooperative activity

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

**Wednesday:** Handball- game play

**Thursday (Half Day)** Weight room- Intro to group workout plan

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