**FR/PE Weekly Schedule**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  |  |  |  |  |
| **GB** |  |  |  |  |
| *Monday* | *Tuesday* | *Wednesday* | *Thursday* | *Friday* |
| No School | WR | WR | Health | Game (MiPhy) |
|  | A | B | Free time |  |
| **BB** |  |  |  |  |
| *Monday* | *Tuesday* | *Wednesday* | *Thursday* | *Friday* |
| No School | Health | WR | Game | MiPhy |
|  |  | A,B | Free time |  |
| **Wrestling** |  |  |  |  |
| *Monday* | *Tuesday* | *Wednesday* | *Thursday* | *Friday* |
| No School | Health | Game | WR | MiPhy |
|  |  | Free time | (TOM) |  |
| **Bowling** |  |  |  |  |
| *Monday* | *Tuesday* | *Wednesday* | *Thursday* | *Friday* |
| No School | WR | Health | Game | MiPhy |
|  | A,B | Free time |  |  |
| **Non Sport** |  |  |  |  |
| *Monday* | *Tuesday* | *Wednesday* | *Thursday* | *Friday* |
| No School | WR | Health | WR | MiPhy |
|  |  | Free time |  |  |

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Workout A** |  | **Reps** | **Workout B** |  | **Reps** |
| Bulgarian Split with Reach | | 1x8 E.L | Bench Press | | 2x12 |
| Single leg hops High knee Drive | | 1x10 E.L | Renegade Row | | 2x8 ea |
| DB front Squat | | 2x12 | Conventional Deadlift (SB) | | 2x4 |
| Single leg High reach RDL | | 2x5 E.L | Power Clean | | 2x4 |
| Box Runs | | 2x15 Seconds | Tricep Kickbacks | | 1x20 |
| Hip Bridge | | 3x20 Seconds | Crunches | | x50 |

\*See back for health assignment

**Health: ATOD (Alcohol Tobacco and Other Drugs)**

Objective: Understanding the role of medication and how to use them safely.

Readings:

Chapter 19 lesson 1 and 2

Assignment:

Complete lesson 1 assessment on Pg 529: Numbers 1-3, 5 and 7

Complete lesson 2 assessment on Pg 533: Numbers 1-3, 4 and 5

(You can complete answers below)