

	Freshman PE (Hours: 2, 4, 8)	Shaping & Toning (Hour: 3)	Advanced Fitness (Hour: 5)	Individual Sports (Hour: 7)
Monday	PE: review weight room safety procedures and etiquette- weight room day 2	Dynamic warm-up 15 min Cardio intervals: run, spring, walk (2/.5/.5) +p90x abs	Individualized workout Week 6 Day 1 +measurements	Ultimate Frisbee: Skills Checking Day 1
Tuesday	Classroom: poster project/presentations, test review	Dynamic warm-up Outdoor fitness circuit	Individualized workout Week 6 Day 2 +measurements (as needed)	WSSD Disc Golf Course competition day 1 (weather permitting)
Wednesday	PE: weight room day 3 +abs/core exercises	Dynamic warm-up Sprints/Core/Upper Body Plyometrics: boxes, dot drills, jumping rope	Individualized workout Week 6 Day 3 +measurements (as needed)	Discetball -checking for aim & target accuracy
Thursday	Classroom: finish muscular presentations, & test review + chapter vocab	Dynamic warm-up Indoor fitness circuit	Individualized workout Week 6 Day 4 +measurements (as needed)	Ultimate Frisbee: Skills Checking Day 2
Friday	PE: Fitness Friday Game activity	Friday Game: Fitness Activity	Individualized workout Week 6 Day 5 +measurements (as needed)	WSSD Disc Golf Course competition day 2 (weather permitting)