

-Daily Saying-

Today! Is the BEST DAY of my life! Because I am alive!
I am loved! And I have unlimited potential!

Monday- Activity Day-

Objective: Complete cardio circuit and keep hear rate in zone for 20 min

Task 1: warm up

Task 2: T25

Task 3: look at heart rate info information

Tuesday- Classroom Day

Objective: Health Needs a Hero Video

Task 1: Chapter 8 PP

Wednesday- Activity Day

Objective: Complete an upper body workout in the weight room

Task 1: warm up- run 10 laps on inside track

Task 2: weight room workout

Task 3: closure- go over muscles of the back and chest

Thursday- Classroom Day

Objective: Chapter 8 PP- Muscular Fitness

Task 1: Continue Chapter 8 PP

Task 2: Take pre-test for the muscle quiz - Take final Vocal Test

Friday- No Class