

Ms. Dellenbach Week of: 02/18/19

	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
Athletic Training	*Continue Chapter 3	*Continue and finish chapter 3	*Muscle and Bones quiz for chapter 3 *Start chapter 4	*Continue chapter 4	*Finish chapter 4 - review and finish assignments.
Freshmen PE	**Warm 5 min jog and simple stretches *Snow day Cardio - pick cards from pile and do exercises.	*Finish Unit 1 (Chapter 1 and 2 notes) *Kahoot Review *Flippity Vocabulary Review	**Warm up 5 laps and simple stretches *16 minute cardio shred - do workout twice with partner - teacher led.	*Unit 1 Test (Chapters 1 and 2)	**Warm up 5 laps and simple stretches *Cardio game - quadrant ball, medic, handball?