

Personal Fitness Lesson Plans
10/12- 10/16

Monday

Assign Chap. 2 review questions page 25, 1-15. These questions will be due tomorrow. The students will then work with the jump ropes for their cardio workouts along with other exercises.

Tuesday

Turn in Chap. 2 review questions. They will then work with the medicine balls. We will focus on upper body strength and endurance.

Wednesday

The students will get back their review questions. They will then go through flexibility exercises and yoga.

Thursday

Review for Chapter 2 test. The students will then go through an abdominal workout today using the medicine balls.

Friday

Test today over Chap. 2. After the test, we will play a game.