

Personal Fitness Lesson Plans
10/19- 10/23

Monday

The students will be working on agility stations. These stations are setup to also work on cardiovascular endurance as well. They have been through these stations once this semester, so this should be easier to go through this time as their muscles start their memorizing of the movements.

Tuesday

The students will participate in a lower body workout. This workout will consist of squats, lunges and raises. We will do this with their body weight and then add some weight using the medicine balls.

Wednesday

The students will play a cardiovascular game.

Thursday

No School

Friday

No School