

Personal Fitness Lesson Plans
9/14-9/18

Monday

We will discuss the biomechanical principles of energy and force. We will then go through some exercises to help them understand the concept when putting it into real life situations.

Tuesday

Students will be assigned the Chap. 1 Review on page 13, questions 1-15. These questions are due tomorrow. The students will go through a lower body workout. This workout will consist of different exercises that will work out the different parts of the legs.

Wednesday

Turn in questions. The students will complete their 2nd mile run of the year. After completion, the students will chart their time and give their response to the run. If time is available, we will review for the test. There will be a test of Chap 1 on Thursday!

Thursday

Chap. 1 Test!! After the test, the students will go through a short upper body workout.

Friday

Today is game day. The students will participate in a fun, cardiovascular game.