

**Personal Fitness Lesson Plans**  
**9/7-9/11**

Monday

No School- Labor Day

Tuesday

The students will go through an abdominal workout today. The workout today will incorporate medicine balls. The students will be assigned to read Chap. 1.2 and complete the questions on page 12, 1-4.

Wednesday

Turn in questions. The students will then go through the agility ladder again. This will be the second time they have been on the ladder and will see a definite change in their ability to get through the ladder using various patterns and movements.

Thursday

The students will first have a discussion on what is physical fitness, the 5 components, and why it is important. Then they will work with the medicine ball doing various movements with it.

Friday

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