

Physical Fitness
8/31 - 9/4

Monday

The students will finish their fitness testing by doing the PACER test. This test will measure their cardiovascular endurance. The students will be assigned to read Chap. 1.1 and complete questions 1-5 on page 7. These will be due on Tuesday.

Tuesday

Questions are due! The students will go through a lower body workout. This workout will consist of squats, lunges, calf raises, etc.

Wednesday

We will discuss Chap. 1.1. After the discussion, the students will go through a jump rope workout. This workout will work on cardio, balance, and coordination.

Thursday

The students will learn many different techniques using the dynabands. The Dynabands work on a students' muscular strength and endurance.

Friday

The students will participate in a cardiovascular game.

**** Labor Day on Monday- no school****