Name: Daniel Rivera/Hathcock		Grading Quarter: 4	Week Beginning: 03/19/24
School Year: 23/24		Subject: Weights/PE Athletics	
Monday	Notes: NO SCHOOL	Objective: Lesson Overview:	Academic Standards:
Tuesday	Notes:	Objective: Demonstrate proper technique, form and safety while performing lower body exercises including squat and hang cleans as the core lifts. Lesson Overview: Block 1 Monday Week 1 Lower Body Workout See Canvas for detailed workout.	Academic Standards: AZ PE HS S1.H1.L1 S2.H2.L1 S3.H5.L1 S4 S5
Wednesday	Notes:	Objective: Demonstrate proper technique, form and safety while performing upper body exercises including bench press as the core lift. Lesson Overview: Block 1 Tuesday Week 1 Upper Body Workout See Canvas for detailed workout	Academic Standards: AZ PE HS S1.H1.L1 S2.H2.L1 S3.H5.L1 S4 S5
Thursday	Notes:	Objective: Demonstrate proper technique, form and safety while performing lower body exercises including front squat as the core lift. Lesson Overview: Block 1 Wednesday Week 1 Lower Body Workout See Canvas for detailed workout	Academic Standards: AZ PE HS S1.H1.L1 S2.H2.L1 S3.H5.L1 S4 S5

Friday	Notes:	Objective: Demonstrate proper technique, form and safety while performing upper body exercises including incline bench press as the core lift. Lesson Overview: Block 1 Thursday Week 1 Upper Body Workout See Canvas for detailed workout	Academic Standards: AZ PE HS S1.H1.L1 S2.H2.L1 S3.H5.L1 S4 S5