

Name: Daniel Rivera/Hathcock		Grading Quarter: 4	Week Beginning: 3/25/24
School Year: 23/24		Subject: Weights/PE Athletics	
Monday	Notes:	<p>Objective: Demonstrate proper technique, form and safety while performing lower body exercises including squat and hang cleans as the core lifts.</p> <p>Lesson Overview: Block 1 Week 2 Lower Body Workout See Canvas for detailed workout.</p>	Academic Standards:
Tuesday	Notes:	<p>Objective: Demonstrate proper technique, form and safety while performing upper body exercises including bench press as the core lift.</p> <p>Lesson Overview: Block 1 Week 2 Upper Body Workout See Canvas for detailed workout</p>	Academic Standards:
Wednesday	Notes:	<p>Objective: Demonstrate proper technique, form and safety while performing lower body exercises including front squat as the core lift.</p> <p>Lesson Overview: Block 1 Week 2 Lower Body Workout See Canvas for detailed workout</p>	Academic Standards:
Thursday	Notes:	<p>Objective: Demonstrate proper technique, form and safety while performing upper body exercises including incline bench press as the core lift.</p> <p>Lesson Overview: Block 1 Week 2 Upper Body Workout See Canvas for detailed workout</p>	Academic Standards:
Friday	Notes: NO SCHOOL	<p>Objective:</p> <p>Lesson Overview:</p>	Academic Standards:

