| Name: Daniel Rivera | | Grading Quarter: 4 | Week Beginning: 05/06/24 |
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| School Year: 23/24 | | Subject: Weights/PE Athletics | |
| Monday | Notes: | Objective:<br>Demonstrate proper technique, form and safety while performing lower body exercises including squat and hang cleans as the core lifts.<br><br>Lesson Overview:<br>Block 1 Week 8 Lower Body Workout<br>See Canvas for detailed workout. | Academic Standards:<br>AZ PE HS<br>S1.H1.L1<br>S2.H2.L1<br>S3.H5.L1<br>S4<br>S5 |
| Tuesday | Notes: | Objective:<br>Demonstrate proper technique, form and safety while performing upper body exercises including bench press as the core lift.<br><br>Lesson Overview:<br>Block 1 Week 8 Upper Body Workout<br>See Canvas for detailed workout | Academic Standards:<br>AZ PE HS<br>S1.H1.L1<br>S2.H2.L1<br>S3.H5.L1<br>S4<br>S5 |
| Wednesday | Notes: | Objective:<br>Demonstrate proper technique, form and safety while performing lower body exercises including front squat as the core lift.<br><br>Lesson Overview:<br>Block 1 Week 8 Lower Body Workout<br>See Canvas for detailed workout | Academic Standards:<br>AZ PE HS<br>S1.H1.L1<br>S2.H2.L1<br>S3.H5.L1<br>S4<br>S5 |
| Thursday | Notes: | Objective:<br>Demonstrate proper technique, form and safety while performing upper body exercises including incline bench press as the core lift.<br><br>Lesson Overview:<br>Block 1 Week 8 Upper Body Workout<br>See Canvas for detailed workout | Academic Standards:<br>AZ PE HS<br>S1.H1.L1<br>S2.H2.L1<br>S3.H5.L1<br>S4<br>S5 |
| Friday | Notes: | Objective:<br>Free Day- Learn to engage with others in competition and work in cooperation with teammates to win a game.<br><br>Lesson Overview:<br>Class choice of game | Academic Standards:<br>S4.H1.L1<br>S4.H2.L1<br>S5 |