

Name: Daniel Rivera/Alec Hathcock		Grading Quarter: 2	Week Beginning: 10/30/23
School Year: 23/24		Subject: Weights/PE Athletics	
Monday	Notes:	<p>Objective: Demonstrate proper technique, form and safety while performing lower body exercises including squats and hang cleans as the core lifts.</p> <p>Lesson Overview: Block 1 Monday Week 1 Lower Body Workout See Canvas for detailed workout.</p>	<p>Academic Standards: AZ PE HS S1.H1.L1 S2.H2.L1 S3.H5.L1 S4 S5</p>
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 Tuesday Week 1 Upper Body Workout See Canvas for detailed workout</p>	<p>Academic Standards: AZ PE HS S1.H1.L1 S2.H2.L1 S3.H5.L1 S4 S5</p>
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 Wednesday Week 1 Lower Body Workout See Canvas for detailed workout</p>	<p>Academic Standards: AZ PE HS S1.H1.L1 S2.H2.L1 S3.H5.L1 S4 S5</p>
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 Thursday Week 1 Upper Body Workout See Canvas for detailed workout</p>	<p>Academic Standards: AZ PE HS S1.H1.L1 S2.H2.L1 S3.H5.L1 S4 S5</p>

Friday	Notes:	<p>Objective:</p> <p>Free Day- Learn to engage with others in competition and work in cooperation with teammates to win a game.</p> <p>Lesson Overview:</p> <p>Class choice of game</p>	<p>Academic Standards:</p> <p>S4.H1.L1</p> <p>S4.H2.L1</p> <p>S5</p>
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