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| Name: Daniel Rivera/Alec Hathcock | | Grading Quarter: 2 | Week Beginning: 11/6/23 |
| School Year: 23/24 | | Subject: Weights/PE Athletics | |
| Monday | Notes: | <p>Objective: Demonstrate proper technique, form and safety while performing lower body exercises including squat and hang cleans as the core lifts.</p> <p>Lesson Overview: Block 1 Monday Week 2 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 2 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 2 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 2 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: NO SCHOOL! | <p>Objective: HAPPY VETERANS DAY</p> <p>Lesson Overview:</p> | <p>Academic Standards:</p> |

