

Name: Alec Hathcock/Rivera		Grading Quarter: Q3	Week Beginning: 2/05/24
School Year: 23/24		Subject: Weights/PE Athletics	
Mon day	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 4 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>
Tues day	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 4 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>
Wed nesd ay	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 4 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>
Thur sday	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 4 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: Free Day- Learn to engage with others in competition and work in cooperation with teammates to win a game.</p> <p>Lesson Overview: Class choice of game</p>	<p>Academic Standards: S4.H1.L1 S4.H2.L1 S5</p>