

Name: Alec Hathcock/Rivera		Grading Quarter: Q3	Week Beginning: 2/26/24
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>	
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>	
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>	
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>	

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>
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