

| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|-------------------|---|--|--|--|--|
| OBJECTIVE: | *No School* Labor Day observance | -Students will be given overview of class expectations, policies & procedures. | Cardinal 101 *LOCKER ASSIGNMENTS* Students have choice of activity to participate in. Basketball, Volleyball, Badminton, Bike Rides | Cardinal 101 *LOCKER ASSIGNMENTS* Students have choice of activity to participate in. Basketball, Volleyball, Badminton, Bike Rides | *LOCKER ASSIGNMENTS* Students have choice of activity to participate in. Basketball, Volleyball, Badminton, Bike Rides |
| ASSESSMENT: | | | Fitness | Fitness | Fitness |
| CLOSING ACTIVITY: | | | | | |

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|-------------|--|--|--|--|--|
| VOCABULARY: | | Participation, Attitude, Effort, Fitness Logs, Standards, Sportsmanship, Character | Pulse, Heart Rate, Target Heart Rate, Cardiovascular Endurance | Pulse, Heart Rate, Target Heart Rate, Cardiovascular Endurance | Pulse, Heart Rate, Target Heart Rate, Cardiovascular Endurance |
| STRATEGY : | | | Kinesthetic, Analysis, | Kinesthetic, Analysis, | Kinesthetic, Analysis, |
| GLCE: | | | K.HR. 06.06-.08.06 K.HR. 06.07-.08.07 K.HR. 06.08-08.08 | K.HR. 06.06-.08.06 K.HR. 06.07-.08.07 K.HR. 06.08-08.08 | K.HR. 06.06-.08.06 K.HR. 06.07-.08.07 K.HR. 06.08-08.08 |

Mike Hill – Strong PE – 9/6/16-9/9/16