| Day             | Co-teacher: Guy/Williams/Gilbeaux | Location: Aux Gym | Objective: Students will gain the knowledge necessary to apply safety procedures in the gym. | Activities: 1. Roll call  
2. Hand out syllabus  
3. Overview of Chapter 1  
4. gym procedures  
Materials: Course Syllabus, Roll sheet | Follow Up/HW: No homework |
|-----------------|-----------------------------------|-------------------|--------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------|--------------------------------------------------------------------------------|
| Monday          |                                   |                   | Objective: Students to acquire Knowledge about Chapter 1 | Activities: 1. Roll call  
2. Review gym procedures & rules  
3. Purchase uniform  
4. Assign Squads  
Materials: uniforms | Follow Up/HW: Students will need $20 to purchase uniform, also bring a combination lock to secure all personal belongings. |
| Tuesday         |                                   |                   | Objective: Students will gain necessary tool needed in class. | Activities: 1. Roll call  
2. Review gym procedures & rules  
3. Purchase uniform  
4. Issue Lockers  
5. Circuit Workout  
6. Sell uniforms  
Materials: Roll Sheet, fitness equipment, lab books, uniforms | Follow Up/HW: Students will need $20 to purchase uniform (if prior action has not occurred) |
| Wednesday/Thursday |                                  |                   | Objective: Students will analyze fitness techniques and compare individual fitness results for decision-making and problem-solving. | Activities: 1. Roll call  
2. Review gym procedures & rules  
3. Purchase uniform  
4. Begin chapter 1 Review  
5. Sell uniforms  
Materials: roll sheet, uniforms | Follow Up/HW: Students will need $20 to purchase uniform (if prior action has not occurred) |