

Monday	Co-teacher: Odhems  Location: Aux Gym  TEKS: 2.02	Objective: test students progress of strength building and cardio fitness
		Activities: 1. Roll call 2. Hand out Rules 3. Begin Semester Fitness Testing 4. gym procedures
		Materials: Course Syllabus, Roll sheet
		Follow Up/HW: No homework
Tuesday	Co-teacher: Odhems  Location: Aux Gym  TEKS: 3.23	Objective: test students progress of strength building and cardio fitness
		Activities: 1. Roll call 2. Review gym procedures & rules 3. Purchase uniform 4. Begin Semester Fitness Testing
		Materials: uniforms
		Follow Up/HW: Students will need \$20 to purchase uniform, also bring a combination lock to secure all personal belongings.
Wednesday/Thursday	Co-teacher: Odhems /Guy/Williams/Gil beaux  Location: Aux Gym  TEKS: 2.04 1.02	Objective: Students will begin to see the benefits of circuit training.
		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)
Friday	Co-teacher: Odhems  Location: Aux Gym  TEKS: 2.02 1.02	Objective: test students progress of strength building and cardio fitness
		Activities: 1. Roll call 2. Review gym procedures & rules 3. Purchase uniform 4. Begin Semester Fitness Testing 5. Sell uniforms
		Materials: roll sheet, uniforms
		Follow Up/HW: Students will need \$20 to purchase uniform (if prior action has not occurred)