<table>
<thead>
<tr>
<th>Day</th>
<th>Co-teacher</th>
<th>Location</th>
<th>Objective</th>
<th>Activities</th>
<th>Materials</th>
<th>Follow Up/HW</th>
</tr>
</thead>
</table>
| Monday       | Odhems     | Aux Gym        | Students will gain the knowledge of football skills through cooperative   | 1. Roll call  
2. Hand out Rules  
3. Begin Fitness Gram Testing  
4. gym procedures                               | Course Syllabus, Roll sheet                                                               | No homework                                      |
| Tuesday      | Odhems     | Aux Gym        | Students will demonstrate the knowledge gained in yesterday’s class and   | 1. Roll call  
2. Review gym procedures & rules  
3. Purchase uniform  
4. Begin Fitness Gram Testing                      | uniforms                                                                                     | Students will need $20 to purchase uniform, also bring a combination lock to secure all personal belongings. |
| Wednesday/Thursday | Odhems/Guy/Williams/Gilbeaux | Aux Gym | Students will begin to see the benefits of circuit training.              | 1. Roll call  
2. Review gym procedures & rules  
3. Purchase uniform  
4. Issue Lockers  
5. Circuit Workout  
6. Sell uniforms                                 | Roll Sheet, fitness equipment, lab books, uniforms                                       | Students will need $20 to purchase uniform (if prior action has not occurred)    |
| Friday       | Odhems     | Aux Gym        | test students progress of strength building and cardio fitness             | 1. Roll call  
2. Review gym procedures & rules  
3. Purchase uniform  
4. Begin Fitness Gram Testing  
5. Sell uniforms                             | roll sheet, uniforms                                                                       | Students will need $20 to purchase uniform (if prior action has not occurred)    |