<table>
<thead>
<tr>
<th>Day</th>
<th>Objective</th>
<th>Activities</th>
<th>Materials</th>
<th>Follow Up/HW</th>
</tr>
</thead>
<tbody>
<tr>
<td>Monday</td>
<td>Testing....</td>
<td>1. chapter 1 test</td>
<td>Course Syllabus, Roll sheet</td>
<td>No homework</td>
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| Tuesday           | make sure everyone enters through back doors. Begin warm-up routine. | 1. Roll call  
2. Review gym procedures & rules  
3. Purchase uniform  
4. Assign Squads | uniforms                                      | Students will need $20 to purchase uniform, also bring a combination lock to secure all personal belongings. |
| Wednesday/Thursday| Begin Pre- Fitness Testing                    | 1. Roll call  
2. Review gym procedures & rules  
3. Purchase uniform  
4. Issue Lockers  
5. Begin fitness testing  
6. Sell uniforms | Roll Sheet, fitness equipment, lab books, uniforms | Students will need $20 to purchase uniform (if prior action has not occurred) |
| Friday            | Begin Chapter 2                               | 1. Begin Chapter 2 Lecture and Activities  
2. Review gym procedures & rules  
3. Purchase uniform  
4. Assign Squads  
5. Sell uniforms | roll sheet, uniforms | Students will need $20 to purchase uniform (if prior action has not occurred) |