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| Monday     | Guy/Williams/Gil    | Aux Gym   | Testing                                             | 1. Chapter 2 section 3 & 4 Lecture  
2. Chapter 2 Section Review  
3. Worksheet handed out. | Course Syllabus, Roll sheet                   | No homework                                     |
| Tuesday    | Guy/Williams/Gil    | Aux Gym   | make sure everyone enters through back doors. Begin warm-up routine. Weight room Activities | 1. Roll call  
2. Weight Room Exercises  
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 | Guy/Williams/Gil  | Aux Gym  | Circuit Workout                                     | 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     | Guy/Williams/Gil    | Aux Gym   | Chapter 2 Review                                    | 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) |