

Extreme Cross Training Lesson Plans (8 Weeks)

Week	Monday	Tuesday	Wednesday	Thursday	Friday
<p>1 (4/13-4/17)</p> <p><u>Weekly Objective</u> Accumulate 30 minutes of physical fitness 5 days a week.</p>	<p>Standard A.3.PA.1 Students will accumulate 30 minutes of physical activity focusing on muscular endurance, muscular strength, or cardiovascular endurance</p> <p>Choices *Teambuildr App Workouts *Hiking, Biking, Walking, Running, Sprinting *Exercise Videos *Sport Skills (Basketball drills, soccer drills etc.) *Lifting(Machine or free weights) *Body weight exercises (Pushups etc) *Yoga *Other fitness activities</p>	<p>Standard A.3.PA.1 Students will accumulate 30 minutes of physical activity focusing on muscular endurance, muscular strength, or cardiovascular endurance</p> <p>Choices *Teambuildr App Workouts *Hiking, Biking, Walking, Running, Sprinting *Exercise Videos *Sport Skills (Basketball drills, soccer drills etc.) *Lifting(Machine or free weights) *Body weight exercises (Pushups etc) *Yoga *Other fitness activities</p>	<p>Standard A.3.PA.1 Students will accumulate 30 minutes of physical activity focusing on muscular endurance, muscular strength, or cardiovascular endurance</p> <p>Choices *Teambuildr App Workouts *Hiking, Biking, Walking, Running, Sprinting *Exercise Videos *Sport Skills (Basketball drills, soccer drills etc.) *Lifting(Machine or free weights) *Body weight exercises (Pushups etc) *Yoga *Other fitness activities</p>	<p>Standard A.3.PA.1 Students will accumulate 30 minutes of physical activity focusing on muscular endurance, muscular strength, or cardiovascular endurance</p> <p>Choices *Teambuildr App Workouts *Hiking, Biking, Walking, Running, Sprinting *Exercise Videos *Sport Skills (Basketball drills, soccer drills etc.) *Lifting(Machine or free weights) *Body weight exercises (Pushups etc) *Yoga *Other fitness activities</p>	<p>Standard A.3.PA.1 Students will accumulate 30 minutes of physical activity focusing on muscular endurance, muscular strength, or cardiovascular endurance</p> <p>Choices *Teambuildr App Workouts *Hiking, Biking, Walking, Running, Sprinting *Exercise Videos *Sport Skills (Basketball drills, soccer drills etc.) *Lifting(Machine or free weights) *Body weight exercises (Pushups etc) *Yoga *Other fitness activities</p> <p>*Reflective Formative Assessment</p>
<p>2 (4/20-4/24)</p>					

3 (4/27-5/1)					
4 (5/4-5/8)					
5 (5/11-5/15)					
6 (5/18-5/22)					
7 (5/25-5/27)					
8 (6/1-6/5)					