

**Ms. LaFleur Week of: 01/01 - 01/05**

<b><u>PE 9</u></b>	<b><u>MONDAY</u></b> <b><u>Happy New Year</u></b> <b><u>No School</u></b>	<b><u>TUESDAY</u></b> <b><u>School Cancelled</u></b> <b><u>Broken Pipe</u></b>	<b><u>WEDNESDAY</u></b> <b><u>2, 3</u></b>  <b><u>FOCUS</u></b> <b><u>PECTORALIS</u></b> <b><u>MAJOR/TRICEPS</u></b>	<b><u>THURSDAY</u></b> <b><u>2,3</u></b>	<b><u>FRIDAY</u></b> <b><u>2, 3</u></b>  <b><u>FOCUS</u></b> <b><u>DELTOIDS/</u></b> <b><u>BICEPS</u></b>
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<p align="center"><b>ACTIVITIES/ INSRUCTION PLAN</b></p>			<p>LX1 - Warm-up - Instructor Led Alternate Power skips with side shuffles around track 25 Cross Jacks 10 Hip Openers/Side Lunges 12 - Resistance Tube Chest Opener 12 Diagonal Chest Opener</p> <p>LX2 - Review Strength Training Exercises from 1st lesson - first part of "The Big 12" Body Weight Squats/Lunges</p> <p>LX3 - Dumbell Chest Press <a href="https://www.bodybuilding.com/exercises/dumbbell-bench-press">https://www.bodybuilding.com/exercises/dumbbell-bench-press</a></p> <p>LX4 - Dumbell Chest Flys <a href="https://www.bodybuilding.com/exercises/dumbbell-flyes">https://www.bodybuilding.com/exercises/dumbbell-flyes</a></p> <p>LX5 - Pushups - with assistance <a href="https://www.bodybuilding.com/exercises/pushups">https://www.bodybuilding.com/exercises/pushups</a></p> <p>LX6 - Standing Tricep Extension <a href="https://www.bodybuilding.com/exercises/standing-dumbbell-triceps-extension">https://www.bodybuilding.com/exercises/standing-dumbbell-triceps-extension</a></p> <p>LX7 - Tricep Kickback <a href="https://www.bodybuilding.com/exercises/tricep-dumbbell-kickback">https://www.bodybuilding.com/exercises/tricep-dumbbell-kickback</a></p>	<p>LX1 - Introduction to Muscular Strength Powerpoint</p>	<p>LX1 - Warm-up - Instructor Led Alternate Power skips with side shuffles around track 25 Cross Jacks 10 Hip Openers/Side Lunges 12 - Resistance Tube Chest Opener 12 Diagonal Chest Opener</p> <p>LX2 - DB Shoulder Press <a href="https://www.bodybuilding.com/exercises/dumbbell-shoulder-press">https://www.bodybuilding.com/exercises/dumbbell-shoulder-press</a></p> <p>LX3. - DB Front Raise <a href="https://www.bodybuilding.com/exercises/front-dumbbell-raise">https://www.bodybuilding.com/exercises/front-dumbbell-raise</a></p> <p>LX4 - DB Bicep Curl <a href="https://www.bodybuilding.com/exercises/dumbbell-bicep-curl">https://www.bodybuilding.com/exercises/dumbbell-bicep-curl</a></p> <p>OR <a href="https://www.bodybuilding.com/exercises/wide-grip-standing-barbell-curl">https://www.bodybuilding.com/exercises/wide-grip-standing-barbell-curl</a></p> <p>LX5 - Bicep Concentration Curls <a href="https://www.bodybuilding.com/exercises/concentration-curls">https://www.bodybuilding.com/exercises/concentration-curls</a></p>
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<b>LEARNING TARGETS</b>			<p>SWBAT - describe muscle fiber composition</p> <p>SWBAT - identify major muscle groups in the body and weight training exercises that target those groups</p> <p>SWBAT - explain the primary differences between Muscular Strength and Muscular Endurance training in terms of FITT</p> <p>SWBAT - explain common myths about weight training and give appropriate explanations</p> <p>SWBAT - develop a personal muscular fitness program</p>		
<b>MATERIALS NEEDED</b>			<p>Computer/Projector</p> <p>Resistance Tubes</p> <p>The Big 12 Envelopes</p>		<p>Computer/Projector</p> <p>Resistance Tubes</p> <p>The Big 12 Envelopes</p>