

May 2019

April '19							June '19						
S	M	T	W	T	F	S	S	M	T	W	T	F	S
	1	2	3	4	5	6							1
7	8	9	10	11	12	13	2	3	4	5	6	7	8
14	15	16	17	18	19	20	9	10	11	12	13	14	15
21	22	23	24	25	26	27	16	17	18	19	20	21	22
28	29	30					23	24	25	26	27	28	29
							30						

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
28 Week 38 Points	29	30	1	2	3	4
5 Week 39 Points	6 Extra Credit Run Run 3 for credit, run extra laps for extra credit Obj. Improve Cardiovascular Endurance	7	8 WOD Wednesday Obj. Participate in strength and endurance workout activities	9 Test Day Unit Written Test DRESS TODAY Obj. Assessment of volleyball knowledge	10 Fun Friday Obj. Work towards your 60min of Physical Activity per day, by choosing your activity.	11
12 Week 40 0 Points	13 4th Period CAASSP Testing Obj. Rock the Test Students will be testing in 4th period today.	14 4th Period CAASSP Testing Obj. Rock the Test Students will be testing in 4th period today.	15 4th Period CAASSP Testing Obj. Rock the Test Students will be testing in 4th period today.	16 4th Period CAASSP Testing Obj. Rock the Test Students will be testing in 4th period today.	17 4th Period CAASSP Testing Obj. Rock the Test Students will be testing in 4th period today.	18
19 Week 41	20 Cardio Run Run 4, walk 1 & record time & sign up for Friday. Obj. Improve Cardiovascular Endurance	21 Capture the Flag Obj. demonstrate teamwork and group cohesion while meeting PA recommendations	22 WOD Wednesday Obj. Participate in strength and endurance workout activities	23 Capture the Flag Obj. demonstrate teamwork and group cohesion while meeting PA recommendations	24 Capture the Flag Obj. demonstrate teamwork and group cohesion while meeting PA recommendations	25
26 Week 42 39 Points	27 No School Today	28 Extra Credit Run Run as many laps as possible Obj. Make up lost points and maintain Cardiovascular Endurance	29 4th Period MAP Testing Obj. Prepare for your future Students will be testing in 4th period today.	30 Obstacle Course Races Obj. demonstrate teamwork and group cohesion while meeting PA recommendations	31 Indoor Baseball Obj. Demonst. knowledge of game skills and rules Dance Project Intro Project overview	1
2	3	Notes * It is your responsibility to make up any missed work due to absense, medical, non-suit, or any other reasons				