

September 2018

August '18							October '18						
S	M	T	W	T	F	S	S	M	T	W	T	F	S
			1	2	3	4		1	2	3	4	5	6
5	6	7	8	9	10	11	7	8	9	10	11	12	13
12	13	14	15	16	17	18	14	15	16	17	18	19	20
19	20	21	22	23	24	25	21	22	23	24	25	26	27
26	27	28	29	30	31		28	29	30	31			

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
26	27	28	29	30	31	1
2	3	4	5	6	7	8
9	10	11	12	13	14 Physical Fitness Pre-Test Obj. understand current fitness level	15
16	17 Mile Run/Walk Run 3, walk 1, & play Obj. cardiovascular endurance	18 Fitness WOD Obj. muscular strength & physical activity	19 Recreational Game Steal-the-Bacon Obj. physical Activity & fun	20 Sports Day Obj. physical activity & personal choice	21 Routines Review Obj. review purpose of warm-ups, cool-downs, & physical activity	22
23	24 Mile Run Run 3, walk 1, & play Obj. cardiovascular endurance	25 Upper Body Strength	26 Class Website Intro DO NOT DRESS TODAY Obj. introduce web component to class	27 Lower Body Strength	28 Fun Friday	29
30	1	Notes				