

Class Title
Class Semester

SNOW DAY LINK FOR CLASS: <https://meet.google.com/cji-wqog-fjw?authuser=0>

Very Important Codes for Class (parents can add too)

Teacher(s) Names:

Mary Schmidt- mschmidt@sasd.net
Peter Toutenhoofd- ptoutenhoofd@sasd.net

[Resource Calendar Link](#)

Google Classroom

- [Wellness 1](#)

Insert Resource Link


Shows when the fitness center is open. You can also drop in another class as a strength student.

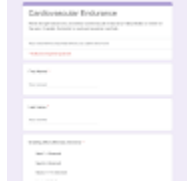
Other Important Links:



	September 2	September 3	September 4	September 5
	Advisory all day	Welcome FRESHMEN 1. Syllabus	1. Google Classroom 2. Locks 3. Tour	
September 8	September 9	September 10	September 11	September 12


Day 1: Meet in Redwing- Teamwork Unit	Day 2: Meet in Redwing- Teamwork Unit	Day 3: Meet in Redwing- Teamwork Unit	Day 4: Meet in Redwing- Teamwork Unit	
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September 15	September 16	September 17	September 18	September 19
Day 5: Meet in Redwing- Teamwork Unit	Meet in Redwing-Large Group Fitness Day WEEK 1	Meet in Fieldhouse- Softball (Outside)	Meet in Fieldhouse- Softball (Outside)	

September 22	September 23	September 24	September 25	September 26
Meet in Fieldhouse- Softball (Outside)	Introduce RPE??? Meet in Redwing-Large Group Fitness Day WEEK 2 Sit ups Pushup or Modified	Meet in Fieldhouse- Softball (Outside)	Meet in Fieldhouse- Softball (Outside)	Professional Day No School for Students 

September 29	September 30	October 1	October 2 - PT out	October 3
MEET IN ROOM 116: Do NOT Change/ BRING CHROMEBOOKS CARDIOVASCULAR If you missed class: WATCH THIS : Then take quiz:  Cardiovascular Endurance Google Forms	Meet in Fieldhouse: Mile Run	Meet in Fieldhouse: Meet with Wolf's (Biking)	Pre ACT Testing	

October 6	October 7	October 8	October 9	October 10
Meet in Fieldhouse: Meet with Wolf (Biking)	Meet in Fieldhouse: Week % SPLIT GROUPS	Meet in Fieldhouse: Meet with Wolf (Biking)	<u>Redwing Time mod 14</u> <u>Meet in Fieldhouse:</u> <u>Speedball</u>	
October 13	October 14	October 15	October 16	October 17
Meet in Fieldhouse: Speedball	Meet in Fieldhouse: Week % SPLIT GROUPS	Meet in Fieldhouse: Speedball	Meet in Fieldhouse: Speedball	
October 20	October 21	October 22	October 23	October 24
MEET ON POOL DECK: Intro TO SWIM	MEET ON POOL DECK: SWIM #1 (SWIM TEST)	SERVICE DAY	MEET ON POOL DECK: SWIM #2	Fall Recess No School 
October 27	October 28	October 29	October 30	October 31
Professional Day No School for Students 	MEET ON POOL DECK: SWIM #3	MEET ON POOL DECK: SWIM #4	MEET ON POOL DECK: SWIM # 5	
November 3	November 4	November 5	November 6	November 7

MEET ON POOL DECK: SWIM #6	MEET ON POOL DECK: SWIM #7	MEET ON POOL DECK: SWIM #8	MEET ON POOL DECK: SWIM #9	Parent Conferences No School for Students 
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November 10	November 11	November 12	November 13	November 14
MEET ON POOL DECK: SWIM #10	Meet in 116: Intro to Strength Training Muscular Strength WATCH: 1. Video 1 2. Video 2 Take this quiz : Choose between either program: Strength Pre-Quiz : 1. Workout White -easier more selectorized machine work 2. Workout Red -More dumbbell work, for experienced lifters	Meet in the Redwing: Strength Week 1: Day 1	Meet in the Redwing: Strength Week 1: Day 2	

November 17	November 18	November 19	November 20	November 21
Meet in the Redwing: Strength Week 1: Day 3	Redwing Time mod 19 Meet in Fieldhouse: Week 6	Meet in the Redwing: Strength Week 2: Day 1	Meet in the Redwing: Strength Week 2: Day 2	

November 24	November 25	November 26	November 27	November 28
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Meet in 116: Muscular Endurance Watch this : Take this quiz :	Meet in Fieldhouse: Choice Day	Professional Day No School for Students 	Thanksgiving Recess No School for Students 	Thanksgiving Recess No School for Students 
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December 1	December 2	December 3	December 4	December 5
Meet in the Redwing: Strength Week 2: Day 3	Meet in redwing: Week ½ Stations			

December 8	December 9	December 10	December 11	December 12
Meet in Redwing: Pickleball	Meet in Fieldhouse: Mile Run or 15 minutes	Meet in Redwing: Pickleball	Meet in Redwing: Pickleball	

December 15	December 16	December 17	December 18	December 19
<u>Redwing Time mod 14</u> Meet in 116: Flexibility Watch this video : Take this quiz :	Meet in Fieldhouse: Flexibility: Cyndi Crimmins	Meet in Redwing: Pickleball	Meet in Redwing: Pickleball	

December 22	December 23	December 24	December 25	December 26
Winter Recess No School for Students 	Winter Recess No School for Students 	Winter Recess No School for Students 	Winter Recess No School for Students 	Winter Recess No School for Students 

December 29	December 30	December 31	January 1	January 2
Winter Recess No School for Students 	Winter Recess No School for Students 	Winter Recess No School for Students 	Winter Recess No School for Students 	Winter Recess No School for Students 
January 5 - MS out	January 6- MS out	January 7	January 8	January 9
Meet in Fieldhouse: Volleyball Day 1		Meet in Fieldhouse: Volleyball Day 2	Meet in Fieldhouse: Volleyball Day 3	
January 12	January 13	January 14	January 15	January 16
Meet in Fieldhouse: Volleyball Day 4		Choice Day- Locker Clean Out	Make-up Day for Students	Records Day No School for Students 