

Sports Performance

FALL 2025

Shoemaker

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Google Classroom Code(s):

Other teachers who can help me with this class:

Coach Itzen - Weight Room

[Sept 1](#)
[Sept 8](#)
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Power Essentials and Learning Targets:

Date	Power Essential	Learning Target	In-Class	Assignments	Activities for Success
Thursday August 14					
Friday August 15					
Monday August 18					
Tuesday August 19					
Wednesday					

Date	Power Essential	Learning Target	In-Class Activities	Assignments	Activities for Success
August 20					
Thursday August 21					
Friday August 22					
Monday August 25					
Tuesday August 26					
Wednesday August 27					
Thursday August 28					
Friday August 29					
Monday September 1	No School - Labor Day				
Tuesday September 2					
Wednesday September 3					
Thursday September 4					
Friday September 5					
Monday September 8					
Tuesday					

Date	Power Essential	Learning Target	In-Class Activities	Assignments	Activities for Success
September 9					
Wednesday September 10					
Thursday September 11					
Friday September 12					
Monday September 15	SQUAT FORM BENCH FORM	PROPER TECHNIQUE ON SQUAT AND BENCH PRESS - POSTED IN THE WEIGHT ROOM	SUPERSET 1 SQUAT 5 X 5 RDL 5 X 10 BOX JUMPS 5 X 5 MINI CIRCUIT 1 MILITARY, HAMMY DROPS, AB WHEEL, GOBLET SQUATS - 2 ROUNDS 25 SECONDS EACH LIFT SUPER SET 2 BENCH 5 X 5 BENT ROW 5 X 10 LATERAL FLYS 5 X 10 MINI CIRCUIT 2 SL BOUNCE, PLANKS, BENCH REVERSE FLYS, TRICEPS SUPERSET 3 PUSH JERK 5 X 5 ARM CURLS 5 X 10	NONE	CLASSROOM PARTICIPATION ON A DAILY BASIS

Date	Power Essential	Learning Target	In-Class Activities	Assignments	Activities for Success
			KETTLEBELL SWINGS 5 X 5 MINI CIRCUIT 3 HANG SNATCH, MED BALL TWISTS, OVERHEAD SQUATS, 1 ARM SNATCH		
Tuesday September 16	SQUAT FORM BENCH FORM	PROPER TECHNIQUE ON SQUAT AND BENCH PRESS - POSTED IN THE WEIGHT ROOM	SUPERSET 1 SQUAT 5 X 5 RDL 5 X 10 BOX JUMPS 5 X 5 MINI CIRCUIT 1 MILITARY, HAMMY DROPS, AB WHEEL, GOBLET SQUATS - 2 ROUNDS 25 SECONDS EACH LIFT SUPER SET 2 BENCH 5 X 5 BENT ROW 5 X 10 LATERAL FLYS 5 X 10 MINI CIRCUIT 2 SL BOUNCE, PLANKS, BENCH REVERSE FLYS, TRICEPS SUPERSET 3 PUSH JERK 5 X 5 ARM CURLS 5 X 10 KETTLEBELL SWINGS 5 X 5	NONE	CLASSROOM PARTICIPATION ON A DAILY BASIS

Date	Power Essential	Learning Target	In-Class Activities	Assignments	Activities for Success
			MINI CIRCUIT 3 HANG SNATCH, MED BALL TWISTS, OVERHEAD SQUATS, 1 ARM SNATCH		
Wednesday September 17	DEAD LIFT FORM POWER CLEAN FORM	PROPER TECHNIQUE ON DEAD LIFT AND POWER CLEAN - POSTED IN THE WEIGHT ROOM	SUPERSET 1 DEAD LIFT 5 X 5 RDL 5 X 10 BOX JUMPS 5 X 5 MINI CIRCUIT 1 MILITARY, HAMMY DROPS, AB WHEEL, GOBLET SQUATS - 2 ROUNDS 25 SECONDS EACH LIFT SUPER SET 2 INCLINE 5 X 5 BENT ROW 5 X 10 LATERAL FLYS 5 X 10 MINI CIRCUIT 2 SL BOUNCE, PLANKS, BENCH REVERSE FLYS, TRICEPS SUPERSET 3 POWER CLEAN 5 X 5 ARM CURLS 5 X 10 KETTLEBELL SWINGS 5 X 5	NONE	CLASSROOM PARTICIPATION ON A DAILY BASIS

Date	Power Essential	Learning Target	In-Class Activities	Assignments	Activities for Success
			MINI CIRCUIT 3 HANG SNATCH, MED BALL TWISTS, OVERHEAD SQUATS, 1 ARM SNATCH		
Thursday September 18	DEAD LIFT FORM POWER CLEAN FORM	PROPER TECHNIQUE ON DEAD LIFT AND POWER CLEAN - POSTED IN THE WEIGHT ROOM	SUPERSET 1 DEAD LIFT 5 X 5 RDL 5 X 10 BOX JUMPS 5 X 5 MINI CIRCUIT 1 MILITARY, HAMMY DROPS, AB WHEEL, GOBLET SQUATS - 2 ROUNDS 25 SECONDS EACH LIFT SUPER SET 2 INCLINE 5 X 5 BENT ROW 5 X 10 LATERAL FLYS 5 X 10 MINI CIRCUIT 2 SL BOUNCE, PLANKS, BENCH REVERSE FLYS, TRICEPS SUPERSET 3 POWER CLEAN 5 X 5 ARM CURLS 5 X 10 KETTLEBELL SWINGS 5 X 5 MINI CIRCUIT 3	NONE	CLASSROOM PARTICIPATION ON A DAILY BASIS

Date	Power Essential	Learning Target	In-Class Activities	Assignments	Activities for Success
			HANG SNATCH, MED BALL TWISTS, OVERHEAD SQUATS, 1 ARM SNATCH		
Friday September 19	ALL CORE LIFTS FORM	CORE LIFTS	FRIDAY CIRCUIT AIR SQUAT 10 PUSHUPS 10 LUNGES 5 EACH MILITARY 10 BOX JUMPS 5 CURLS 10 SLDL 10 TRICEPS 10 1 ARM SNATCH 3 EACH 1 MIN PLANK 3 ROUNDS - DO LIFT THEN RUN END OF GYM AND BACK AFTER EACH LIFT - 3 MINUTES IN BETWEEN ROUNDS		CLASSROOM PARTICIPATION
Monday September 22	SQUAT FORM BENCH FORM	PROPER TECHNIQUE ON SQUAT AND BENCH PRESS - POSTED IN THE WEIGHT ROOM	SUPERSET 1 SQUAT 5 X 5 RDL 5 X 10 BOX JUMPS 5 X 5 MINI CIRCUIT 1 MILITARY, HAMMY DROPS, AB WHEEL, GOBLET SQUATS - 2 ROUNDS 25 SECONDS EACH LIFT	NONE	CLASSROOM PARTICIPATION ON A DAILY BASIS

Date	Power Essential	Learning Target	In-Class Activities	Assignments	Activities for Success
			SUPER SET 2 BENCH 5 X 5 BENT ROW 5 X 10 LATERAL FLYS 5 X 10 MINI CIRCUIT 2 SL BOUNCE, PLANKS, BENCH REVERSE FLYS, TRICEPS SUPERSET 3 PUSH JERK 5 X 5 ARM CURLS 5 X 10 KETTLEBELL SWINGS 5 X 5 MINI CIRCUIT 3 HANG SNATCH, MED BALL TWISTS, OVERHEAD SQUATS, 1 ARM SNATCH		
Tuesday September 23	SQUAT FORM BENCH FORM	PROPER TECHNIQUE ON SQUAT AND BENCH PRESS - POSTED IN THE WEIGHT ROOM	SUPERSET 1 SQUAT 5 X 5 RDL 5 X 10 BOX JUMPS 5 X 5 MINI CIRCUIT 1 MILITARY, HAMMY DROPS, AB WHEEL, GOBLET SQUATS - 2 ROUNDS 25 SECONDS EACH LIFT	NONE	CLASSROOM PARTICIPATION ON A DAILY BASIS

Date	Power Essential	Learning Target	In-Class Activities	Assignments	Activities for Success
			SUPER SET 2 BENCH 5 X 5 BENT ROW 5 X 10 LATERAL FLYS 5 X 10 MINI CIRCUIT 2 SL BOUNCE, PLANKS, BENCH REVERSE FLYS, TRICEPS SUPERSET 3 PUSH JERK 5 X 5 ARM CURLS 5 X 10 KETTLEBELL SWINGS 5 X 5 MINI CIRCUIT 3 HANG SNATCH, MED BALL TWISTS, OVERHEAD SQUATS, 1 ARM SNATCH		
Wednesday September 24	DEAD LIFT FORM POWER CLEAN FORM	PROPER TECHNIQUE ON DEAD LIFT AND POWER CLEAN - POSTED IN THE WEIGHT ROOM	SUPERSET 1 DEAD LIFT 5 X 5 RDL 5 X 10 BOX JUMPS 5 X 5 MINI CIRCUIT 1 MILITARY, HAMMY DROPS, AB WHEEL, GOBLET SQUATS - 2 ROUNDS 25 SECONDS EACH LIFT SUPER SET 2	NONE	CLASSROOM PARTICIPATION ON A DAILY BASIS

Date	Power Essential	Learning Target	In-Class Activities	Assignments	Activities for Success
			INCLINE 5 X 5 BENT ROW 5 X 10 LATERAL FLYS 5 X 10 MINI CIRCUIT 2 SL BOUNCE, PLANKS, BENCH REVERSE FLYS, TRICEPS SUPERSET 3 POWER CLEAN 5 X 5 ARM CURLS 5 X 10 KETTLEBELL SWINGS 5 X 5 MINI CIRCUIT 3 HANG SNATCH, MED BALL TWISTS, OVERHEAD SQUATS, 1 ARM SNATCH		
Thursday September 25	DEAD LIFT FORM POWER CLEAN FORM	PROPER TECHNIQUE ON DEAD LIFT AND POWER CLEAN - POSTED IN THE WEIGHT ROOM	SUPERSET 1 DEAD LIFT 5 X 5 RDL 5 X 10 BOX JUMPS 5 X 5 MINI CIRCUIT 1 MILITARY, HAMMY DROPS, AB WHEEL, GOBLET SQUATS - 2 ROUNDS 25 SECONDS EACH LIFT SUPER SET 2 INCLINE 5 X 5	NONE	CLASSROOM PARTICIPATION ON A DAILY BASIS

Date	Power Essential	Learning Target	In-Class Activities	Assignments	Activities for Success
			BENT ROW 5 X 10 LATERAL FLYS 5 X 10 MINI CIRCUIT 2 SL BOUNCE, PLANKS, BENCH REVERSE FLYS, TRICEPS SUPERSET 3 POWER CLEAN 5 X 5 ARM CURLS 5 X 10 KETTLEBELL SWINGS 5 X 5 MINI CIRCUIT 3 HANG SNATCH, MED BALL TWISTS, OVERHEAD SQUATS, 1 ARM SNATCH		
Friday September 26	No School - Professional Development Day				
Monday September 29	SQUAT FORM BENCH FORM	PROPER TECHNIQUE ON SQUAT AND BENCH PRESS - POSTED IN THE WEIGHT ROOM	SUPERSET 1 SQUAT 5 X 5 RDL 5 X 10 BOX JUMPS 5 X 5 MINI CIRCUIT 1 MILITARY, HAMMY DROPS, AB WHEEL, GOBLET SQUATS - 2 ROUNDS 25 SECONDS EACH LIFT SUPER SET 2	NONE	CLASSROOM PARTICIPATION ON A DAILY BASIS

Date	Power Essential	Learning Target	In-Class Activities	Assignments	Activities for Success
			BENCH 5 X 5 BENT ROW 5 X 10 LATERAL FLYS 5 X 10 MINI CIRCUIT 2 SL BOUNCE, PLANKS, BENCH REVERSE FLYS, TRICEPS SUPERSET 3 PUSH JERK 5 X 5 ARM CURLS 5 X 10 KETTLEBELL SWINGS 5 X 5 MINI CIRCUIT 3 HANG SNATCH, MED BALL TWISTS, OVERHEAD SQUATS, 1 ARM SNATCH		
Tuesday September 30	SQUAT FORM BENCH FORM	PROPER TECHNIQUE ON SQUAT AND BENCH PRESS - POSTED IN THE WEIGHT ROOM	SUPERSET 1 SQUAT 5 X 5 RDL 5 X 10 BOX JUMPS 5 X 5 MINI CIRCUIT 1 MILITARY, HAMMY DROPS, AB WHEEL, GOBLET SQUATS - 2 ROUNDS 25 SECONDS EACH LIFT SUPER SET 2 BENCH 5 X 5	NONE	CLASSROOM PARTICIPATION ON A DAILY BASIS

Date	Power Essential	Learning Target	In-Class Activities	Assignments	Activities for Success
			BENT ROW 5 X 10 LATERAL FLYS 5 X 10 MINI CIRCUIT 2 SL BOUNCE, PLANKS, BENCH REVERSE FLYS, TRICEPS SUPERSET 3 PUSH JERK 5 X 5 ARM CURLS 5 X 10 KETTLEBELL SWINGS 5 X 5 MINI CIRCUIT 3 HANG SNATCH, MED BALL TWISTS, OVERHEAD SQUATS, 1 ARM SNATCH		
Wednesday October 1	DEAD LIFT FORM POWER CLEAN FORM	PROPER TECHNIQUE ON DEAD LIFT AND POWER CLEAN - POSTED IN THE WEIGHT ROOM	SUPERSET 1 DEAD LIFT 5 X 5 RDL 5 X 10 BOX JUMPS 5 X 5 MINI CIRCUIT 1 MILITARY, HAMMY DROPS, AB WHEEL, GOBLET SQUATS - 2 ROUNDS 25 SECONDS EACH LIFT SUPER SET 2 INCLINE 5 X 5 BENT ROW 5 X 10	NONE	CLASSROOM PARTICIPATION ON A DAILY BASIS

Date	Power Essential	Learning Target	In-Class Activities	Assignments	Activities for Success
			LATERAL FLYS 5 X 10 MINI CIRCUIT 2 SL BOUNCE, PLANKS, BENCH REVERSE FLYS, TRICEPS SUPERSET 3 POWER CLEAN 5 X 5 ARM CURLS 5 X 10 KETTLEBELL SWINGS 5 X 5 MINI CIRCUIT 3 HANG SNATCH, MED BALL TWISTS, OVERHEAD SQUATS, 1 ARM SNATCH		
Thursday October 2	DEAD LIFT FORM POWER CLEAN FORM	PROPER TECHNIQUE ON DEAD LIFT AND POWER CLEAN - POSTED IN THE WEIGHT ROOM	SUPERSET 1 DEAD LIFT 5 X 5 RDL 5 X 10 BOX JUMPS 5 X 5 MINI CIRCUIT 1 MILITARY, HAMMY DROPS, AB WHEEL, GOBLET SQUATS - 2 ROUNDS 25 SECONDS EACH LIFT SUPER SET 2 INCLINE 5 X 5 BENT ROW 5 X 10 LATERAL FLYS 5 X 10	NONE	CLASSROOM PARTICIPATION ON A DAILY BASIS

Date	Power Essential	Learning Target	In-Class Activities	Assignments	Activities for Success
			MINI CIRCUIT 2 SL BOUNCE, PLANKS, BENCH REVERSE FLYS, TRICEPS SUPERSET 3 POWER CLEAN 5 X 5 ARM CURLS 5 X 10 KETTLEBELL SWINGS 5 X 5 MINI CIRCUIT 3 HANG SNATCH, MED BALL TWISTS, OVERHEAD SQUATS, 1 ARM SNATCH		
Friday October 3	ALL CORE LIFTS FORM	CORE LIFTS	FRIDAY CIRCUIT AIR SQUAT 10 PUSHUPS 10 LUNGES 5 EACH MILITARY 10 BOX JUMPS 5 CURLS 10 SLDL 10 TRICEPS 10 1 ARM SNATCH 3 EACH 1 MIN PLANK 3 ROUNDS - DO LIFT THEN RUN END OF GYM AND BACK AFTER		CLASSROOM PARTICIPATION

Date	Power Essential	Learning Target	In-Class Activities	Assignments	Activities for Success
			EACH LIFT - 3 MINUTES IN BETWEEN ROUNDS		
Monday October 6	SQUAT FORM BENCH FORM	PROPER TECHNIQUE ON SQUAT AND BENCH PRESS - POSTED IN THE WEIGHT ROOM	SUPERSET 1 SQUAT 5 X 5 RDL 5 X 10 BOX JUMPS 5 X 5 MINI CIRCUIT 1 MILITARY, HAMMY DROPS, AB WHEEL, GOBLET SQUATS - 2 ROUNDS 25 SECONDS EACH LIFT SUPER SET 2 BENCH 5 X 5 BENT ROW 5 X 10 LATERAL FLYS 5 X 10 MINI CIRCUIT 2 SL BOUNCE, PLANKS, BENCH REVERSE FLYS, TRICEPS SUPERSET 3 PUSH JERK 5 X 5 ARM CURLS 5 X 10 KETTLEBELL SWINGS 5 X 5 MINI CIRCUIT 3	NONE	CLASSROOM PARTICIPATION ON A DAILY BASIS

Date	Power Essential	Learning Target	In-Class Activities	Assignments	Activities for Success
			HANG SNATCH, MED BALL TWISTS, OVERHEAD SQUATS, 1 ARM SNATCH		
Tuesday October 7	SQUAT FORM BENCH FORM	PROPER TECHNIQUE ON SQUAT AND BENCH PRESS - POSTED IN THE WEIGHT ROOM	SUPERSET 1 SQUAT 5 X 5 RDL 5 X 10 BOX JUMPS 5 X 5 MINI CIRCUIT 1 MILITARY, HAMMY DROPS, AB WHEEL, GOBLET SQUATS - 2 ROUNDS 25 SECONDS EACH LIFT SUPER SET 2 BENCH 5 X 5 BENT ROW 5 X 10 LATERAL FLYS 5 X 10 MINI CIRCUIT 2 SL BOUNCE, PLANKS, BENCH REVERSE FLYS, TRICEPS SUPERSET 3 PUSH JERK 5 X 5 ARM CURLS 5 X 10 KETTLEBELL SWINGS 5 X 5 MINI CIRCUIT 3	NONE	CLASSROOM PARTICIPATION ON A DAILY BASIS

Date	Power Essential	Learning Target	In-Class Activities	Assignments	Activities for Success
			HANG SNATCH, MED BALL TWISTS, OVERHEAD SQUATS, 1 ARM SNATCH		
Wednesday October 8	DEAD LIFT FORM POWER CLEAN FORM	PROPER TECHNIQUE ON DEAD LIFT AND POWER CLEAN - POSTED IN THE WEIGHT ROOM	SUPERSET 1 DEAD LIFT 5 X 5 RDL 5 X 10 BOX JUMPS 5 X 5 MINI CIRCUIT 1 MILITARY, HAMMY DROPS, AB WHEEL, GOBLET SQUATS - 2 ROUNDS 25 SECONDS EACH LIFT SUPER SET 2 INCLINE 5 X 5 BENT ROW 5 X 10 LATERAL FLYS 5 X 10 MINI CIRCUIT 2 SL BOUNCE, PLANKS, BENCH REVERSE FLYS, TRICEPS SUPERSET 3 POWER CLEAN 5 X 5 ARM CURLS 5 X 10 KETTLEBELL SWINGS 5 X 5 MINI CIRCUIT 3	NONE	CLASSROOM PARTICIPATION ON A DAILY BASIS

Date	Power Essential	Learning Target	In-Class Activities	Assignments	Activities for Success
			HANG SNATCH, MED BALL TWISTS, OVERHEAD SQUATS, 1 ARM SNATCH		
Thursday October 9	DEAD LIFT FORM POWER CLEAN FORM	PROPER TECHNIQUE ON DEAD LIFT AND POWER CLEAN - POSTED IN THE WEIGHT ROOM	SUPERSET 1 DEAD LIFT 5 X 5 RDL 5 X 10 BOX JUMPS 5 X 5 MINI CIRCUIT 1 MILITARY, HAMMY DROPS, AB WHEEL, GOBLET SQUATS - 2 ROUNDS 25 SECONDS EACH LIFT SUPER SET 2 INCLINE 5 X 5 BENT ROW 5 X 10 LATERAL FLYS 5 X 10 MINI CIRCUIT 2 SL BOUNCE, PLANKS, BENCH REVERSE FLYS, TRICEPS SUPERSET 3 POWER CLEAN 5 X 5 ARM CURLS 5 X 10 KETTLEBELL SWINGS 5 X 5 MINI CIRCUIT 3	NONE	CLASSROOM PARTICIPATION ON A DAILY BASIS

Date	Power Essential	Learning Target	In-Class Activities	Assignments	Activities for Success
			HANG SNATCH, MED BALL TWISTS, OVERHEAD SQUATS, 1 ARM SNATCH		
Friday October 10	ALL CORE LIFTS FORM	CORE LIFTS	FRIDAY CIRCUIT AIR SQUAT 10 PUSHUPS 10 LUNGES 5 EACH MILITARY 10 BOX JUMPS 5 CURLS 10 SLDL 10 TRICEPS 10 1 ARM SNATCH 3 EACH 1 MIN PLANK 3 ROUNDS - DO LIFT THEN RUN END OF GYM AND BACK AFTER EACH LIFT - 3 MINUTES IN BETWEEN ROUNDS		CLASSROOM PARTICIPATION
Monday October 13	SQUAT FORM BENCH FORM	PROPER TECHNIQUE ON SQUAT AND BENCH PRESS - POSTED IN THE WEIGHT ROOM	SUPERSET 1 SQUAT 5 X 5 RDL 5 X 10 BOX JUMPS 5 X 5 MINI CIRCUIT 1 MILITARY, HAMMY DROPS, AB WHEEL, GOBLET SQUATS - 2 ROUNDS 25 SECONDS EACH LIFT	NONE	CLASSROOM PARTICIPATION ON A DAILY BASIS

Date	Power Essential	Learning Target	In-Class Activities	Assignments	Activities for Success
			SUPER SET 2 BENCH 5 X 5 BENT ROW 5 X 10 LATERAL FLYS 5 X 10 MINI CIRCUIT 2 SL BOUNCE, PLANKS, BENCH REVERSE FLYS, TRICEPS SUPERSET 3 PUSH JERK 5 X 5 ARM CURLS 5 X 10 KETTLEBELL SWINGS 5 X 5 MINI CIRCUIT 3 HANG SNATCH, MED BALL TWISTS, OVERHEAD SQUATS, 1 ARM SNATCH		
Tuesday October 14	Pre-ACT Testing Day				
Wednesday October 15	SQUAT FORM BENCH FORM	PROPER TECHNIQUE ON SQUAT AND BENCH PRESS - POSTED IN THE WEIGHT ROOM	SUPERSET 1 SQUAT 5 X 5 RDL 5 X 10 BOX JUMPS 5 X 5 MINI CIRCUIT 1	NONE	CLASSROOM PARTICIPATION ON A DAILY BASIS

Date	Power Essential	Learning Target	In-Class Activities	Assignments	Activities for Success
			MILITARY, HAMMY DROPS, AB WHEEL, GOBLET SQUATS - 2 ROUNDS 25 SECONDS EACH LIFT SUPER SET 2 BENCH 5 X 5 BENT ROW 5 X 10 LATERAL FLYS 5 X 10 MINI CIRCUIT 2 SL BOUNCE, PLANKS, BENCH REVERSE FLYS, TRICEPS SUPERSET 3 PUSH JERK 5 X 5 ARM CURLS 5 X 10 KETTLEBELL SWINGS 5 X 5 MINI CIRCUIT 3 HANG SNATCH, MED BALL TWISTS, OVERHEAD SQUATS, 1 ARM SNATCH		
Thursday October 16	No School - Teacher Work Day				
Friday October 17	No School - PTC Payback Day				
Monday October 20	SQUAT FORM BENCH FORM	PROPER TECHNIQUE ON SQUAT AND	SUPERSET 1 SQUAT 5 X 5 RDL 5 X 10	NONE	CLASSROOM PARTICIPATION ON A DAILY BASIS

Date	Power Essential	Learning Target	In-Class Activities	Assignments	Activities for Success
		BENCH PRESS - POSTED IN THE WEIGHT ROOM	BOX JUMPS 5 X 5 MINI CIRCUIT 1 MILITARY, HAMMY DROPS, AB WHEEL, GOBLET SQUATS - 2 ROUNDS 25 SECONDS EACH LIFT SUPER SET 2 BENCH 5 X 5 BENT ROW 5 X 10 LATERAL FLYS 5 X 10 MINI CIRCUIT 2 SL BOUNCE, PLANKS, BENCH REVERSE FLYS, TRICEPS SUPERSET 3 PUSH JERK 5 X 5 ARM CURLS 5 X 10 KETTLEBELL SWINGS 5 X 5 MINI CIRCUIT 3 HANG SNATCH, MED BALL TWISTS, OVERHEAD SQUATS, 1 ARM SNATCH		
Tuesday October 21	SQUAT FORM BENCH FORM	PROPER TECHNIQUE ON SQUAT AND BENCH PRESS - POSTED IN THE	SUPERSET 1 SQUAT 5 X 5 RDL 5 X 10 BOX JUMPS 5 X 5	NONE	CLASSROOM PARTICIPATION ON A DAILY BASIS

Date	Power Essential	Learning Target	In-Class Activities	Assignments	Activities for Success
		WEIGHT ROOM	MINI CIRCUIT 1 MILITARY, HAMMY DROPS, AB WHEEL, GOBLET SQUATS - 2 ROUNDS 25 SECONDS EACH LIFT SUPER SET 2 BENCH 5 X 5 BENT ROW 5 X 10 LATERAL FLYS 5 X 10 MINI CIRCUIT 2 SL BOUNCE, PLANKS, BENCH REVERSE FLYS, TRICEPS SUPERSET 3 PUSH JERK 5 X 5 ARM CURLS 5 X 10 KETTLEBELL SWINGS 5 X 5 MINI CIRCUIT 3 HANG SNATCH, MED BALL TWISTS, OVERHEAD SQUATS, 1 ARM SNATCH		
Wednesday October 22	DEAD LIFT FORM POWER CLEAN FORM	PROPER TECHNIQUE ON DEAD LIFT AND POWER CLEAN - POSTED IN THE WEIGHT ROOM	SUPERSET 1 DEAD LIFT 5 X 5 RDL 5 X 10 BOX JUMPS 5 X 5	NONE	CLASSROOM PARTICIPATION ON A DAILY BASIS

Date	Power Essential	Learning Target	In-Class Activities	Assignments	Activities for Success
			MINI CIRCUIT 1 MILITARY, HAMMY DROPS, AB WHEEL, GOBLET SQUATS - 2 ROUNDS 25 SECONDS EACH LIFT SUPER SET 2 INCLINE 5 X 5 BENT ROW 5 X 10 LATERAL FLYS 5 X 10 MINI CIRCUIT 2 SL BOUNCE, PLANKS, BENCH REVERSE FLYS, TRICEPS SUPERSET 3 POWER CLEAN 5 X 5 ARM CURLS 5 X 10 KETTLEBELL SWINGS 5 X 5 MINI CIRCUIT 3 HANG SNATCH, MED BALL TWISTS, OVERHEAD SQUATS, 1 ARM SNATCH		
Thursday October 23	DEAD LIFT FORM POWER CLEAN FORM	PROPER TECHNIQUE ON DEAD LIFT AND POWER CLEAN - POSTED IN THE WEIGHT ROOM	SUPERSET 1 DEAD LIFT 5 X 5 RDL 5 X 10 BOX JUMPS 5 X 5 MINI CIRCUIT 1	NONE	CLASSROOM PARTICIPATION ON A DAILY BASIS

Date	Power Essential	Learning Target	In-Class Activities	Assignments	Activities for Success
			MILITARY, HAMMY DROPS, AB WHEEL, GOBLET SQUATS - 2 ROUNDS 25 SECONDS EACH LIFT SUPER SET 2 INCLINE 5 X 5 BENT ROW 5 X 10 LATERAL FLYS 5 X 10 MINI CIRCUIT 2 SL BOUNCE, PLANKS, BENCH REVERSE FLYS, TRICEPS SUPERSET 3 POWER CLEAN 5 X 5 ARM CURLS 5 X 10 KETTLEBELL SWINGS 5 X 5 MINI CIRCUIT 3 HANG SNATCH, MED BALL TWISTS, OVERHEAD SQUATS, 1 ARM SNATCH		
Friday October 24	ALL CORE LIFTS FORM	CORE LIFTS	FRIDAY CIRCUIT AIR SQUAT 10 PUSHUPS 10 LUNGES 5 EACH MILITARY 10 BOX JUMPS 5 CURLS 10		CLASSROOM PARTICIPATION

Date	Power Essential	Learning Target	In-Class Activities	Assignments	Activities for Success
			SLDL 10 TRICEPS 10 1 ARM SNATCH 3 EACH 1 MIN PLANK 3 ROUNDS - DO LIFT THEN RUN END OF GYM AND BACK AFTER EACH LIFT - 3 MINUTES IN BETWEEN ROUNDS		
Monday October 27	SQUAT FORM BENCH FORM	PROPER TECHNIQUE ON SQUAT AND BENCH PRESS - POSTED IN THE WEIGHT ROOM	SUPERSET 1 SQUAT 5 X 5 RDL 5 X 10 BOX JUMPS 5 X 5 MINI CIRCUIT 1 MILITARY, HAMMY DROPS, AB WHEEL, GOBLET SQUATS - 2 ROUNDS 25 SECONDS EACH LIFT SUPER SET 2 BENCH 5 X 5 BENT ROW 5 X 10 LATERAL FLYS 5 X 10 MINI CIRCUIT 2 SL BOUNCE, PLANKS, BENCH REVERSE FLYS, TRICEPS SUPERSET 3	NONE	CLASSROOM PARTICIPATION ON A DAILY BASIS

Date	Power Essential	Learning Target	In-Class Activities	Assignments	Activities for Success
			PUSH JERK 5 X 5 ARM CURLS 5 X 10 KETTLEBELL SWINGS 5 X 5 MINI CIRCUIT 3 HANG SNATCH, MED BALL TWISTS, OVERHEAD SQUATS, 1 ARM SNATCH		
Tuesday October 28	SQUAT FORM BENCH FORM	PROPER TECHNIQUE ON SQUAT AND BENCH PRESS - POSTED IN THE WEIGHT ROOM	SUPERSET 1 SQUAT 5 X 5 RDL 5 X 10 BOX JUMPS 5 X 5 MINI CIRCUIT 1 MILITARY, HAMMY DROPS, AB WHEEL, GOBLET SQUATS - 2 ROUNDS 25 SECONDS EACH LIFT SUPER SET 2 BENCH 5 X 5 BENT ROW 5 X 10 LATERAL FLYS 5 X 10 MINI CIRCUIT 2 SL BOUNCE, PLANKS, BENCH REVERSE FLYS, TRICEPS SUPERSET 3 PUSH JERK 5 X 5	NONE	CLASSROOM PARTICIPATION ON A DAILY BASIS

Date	Power Essential	Learning Target	In-Class Activities	Assignments	Activities for Success
			ARM CURLS 5 X 10 KETTLEBELL SWINGS 5 X 5 MINI CIRCUIT 3 HANG SNATCH, MED BALL TWISTS, OVERHEAD SQUATS, 1 ARM SNATCH		
Wednesday October 29	DEAD LIFT FORM POWER CLEAN FORM	PROPER TECHNIQUE ON DEAD LIFT AND POWER CLEAN - POSTED IN THE WEIGHT ROOM	SUPERSET 1 DEAD LIFT 5 X 5 RDL 5 X 10 BOX JUMPS 5 X 5 MINI CIRCUIT 1 MILITARY, HAMMY DROPS, AB WHEEL, GOBLET SQUATS - 2 ROUNDS 25 SECONDS EACH LIFT SUPER SET 2 INCLINE 5 X 5 BENT ROW 5 X 10 LATERAL FLYS 5 X 10 MINI CIRCUIT 2 SL BOUNCE, PLANKS, BENCH REVERSE FLYS, TRICEPS SUPERSET 3 POWER CLEAN 5 X 5 ARM CURLS 5 X 10	NONE	CLASSROOM PARTICIPATION ON A DAILY BASIS

Date	Power Essential	Learning Target	In-Class Activities	Assignments	Activities for Success
			KETTLEBELL SWINGS 5 X 5 MINI CIRCUIT 3 HANG SNATCH, MED BALL TWISTS, OVERHEAD SQUATS, 1 ARM SNATCH		
Thursday October 30	DEAD LIFT FORM POWER CLEAN FORM	PROPER TECHNIQUE ON DEAD LIFT AND POWER CLEAN - POSTED IN THE WEIGHT ROOM	SUPERSET 1 DEAD LIFT 5 X 5 RDL 5 X 10 BOX JUMPS 5 X 5 MINI CIRCUIT 1 MILITARY, HAMMY DROPS, AB WHEEL, GOBLET SQUATS - 2 ROUNDS 25 SECONDS EACH LIFT SUPER SET 2 INCLINE 5 X 5 BENT ROW 5 X 10 LATERAL FLYS 5 X 10 MINI CIRCUIT 2 SL BOUNCE, PLANKS, BENCH REVERSE FLYS, TRICEPS SUPERSET 3 POWER CLEAN 5 X 5 ARM CURLS 5 X 10 KETTLEBELL SWINGS 5 X 5	NONE	CLASSROOM PARTICIPATION ON A DAILY BASIS

Date	Power Essential	Learning Target	In-Class Activities	Assignments	Activities for Success
			MINI CIRCUIT 3 HANG SNATCH, MED BALL TWISTS, OVERHEAD SQUATS, 1 ARM SNATCH		
Friday October 31	No School - Teacher Work Day				
Monday November 3	SQUAT FORM BENCH FORM	PROPER TECHNIQUE ON SQUAT AND BENCH PRESS - POSTED IN THE WEIGHT ROOM	SUPERSET 1 SQUAT 5 X 5 RDL 5 X 10 BOX JUMPS 5 X 5 MINI CIRCUIT 1 MILITARY, HAMMY DROPS, AB WHEEL, GOBLET SQUATS - 2 ROUNDS 25 SECONDS EACH LIFT SUPER SET 2 BENCH 5 X 5 BENT ROW 5 X 10 LATERAL FLYS 5 X 10 MINI CIRCUIT 2 SL BOUNCE, PLANKS, BENCH REVERSE FLYS, TRICEPS SUPERSET 3 PUSH JERK 5 X 5 ARM CURLS 5 X 10	NONE	CLASSROOM PARTICIPATION ON A DAILY BASIS

Date	Power Essential	Learning Target	In-Class Activities	Assignments	Activities for Success
			KETTLEBELL SWINGS 5 X 5 MINI CIRCUIT 3 HANG SNATCH, MED BALL TWISTS, OVERHEAD SQUATS, 1 ARM SNATCH		
Tuesday November 4	SQUAT FORM BENCH FORM	PROPER TECHNIQUE ON SQUAT AND BENCH PRESS - POSTED IN THE WEIGHT ROOM	SUPERSET 1 SQUAT 5 X 5 RDL 5 X 10 BOX JUMPS 5 X 5 MINI CIRCUIT 1 MILITARY, HAMMY DROPS, AB WHEEL, GOBLET SQUATS - 2 ROUNDS 25 SECONDS EACH LIFT SUPER SET 2 BENCH 5 X 5 BENT ROW 5 X 10 LATERAL FLYS 5 X 10 MINI CIRCUIT 2 SL BOUNCE, PLANKS, BENCH REVERSE FLYS, TRICEPS SUPERSET 3 PUSH JERK 5 X 5 ARM CURLS 5 X 10 KETTLEBELL SWINGS 5 X 5	NONE	CLASSROOM PARTICIPATION ON A DAILY BASIS

Date	Power Essential	Learning Target	In-Class Activities	Assignments	Activities for Success
			MINI CIRCUIT 3 HANG SNATCH, MED BALL TWISTS, OVERHEAD SQUATS, 1 ARM SNATCH		
Wednesday November 5	DEAD LIFT FORM POWER CLEAN FORM	PROPER TECHNIQUE ON DEAD LIFT AND POWER CLEAN - POSTED IN THE WEIGHT ROOM	SUPERSET 1 DEAD LIFT 5 X 5 RDL 5 X 10 BOX JUMPS 5 X 5 MINI CIRCUIT 1 MILITARY, HAMMY DROPS, AB WHEEL, GOBLET SQUATS - 2 ROUNDS 25 SECONDS EACH LIFT SUPER SET 2 INCLINE 5 X 5 BENT ROW 5 X 10 LATERAL FLYS 5 X 10 MINI CIRCUIT 2 SL BOUNCE, PLANKS, BENCH REVERSE FLYS, TRICEPS SUPERSET 3 POWER CLEAN 5 X 5 ARM CURLS 5 X 10 KETTLEBELL SWINGS 5 X 5	NONE	CLASSROOM PARTICIPATION ON A DAILY BASIS

Date	Power Essential	Learning Target	In-Class Activities	Assignments	Activities for Success
			MINI CIRCUIT 3 HANG SNATCH, MED BALL TWISTS, OVERHEAD SQUATS, 1 ARM SNATCH		
Thursday November 6	DEAD LIFT FORM POWER CLEAN FORM	PROPER TECHNIQUE ON DEAD LIFT AND POWER CLEAN - POSTED IN THE WEIGHT ROOM	SUPERSET 1 DEAD LIFT 5 X 5 RDL 5 X 10 BOX JUMPS 5 X 5 MINI CIRCUIT 1 MILITARY, HAMMY DROPS, AB WHEEL, GOBLET SQUATS - 2 ROUNDS 25 SECONDS EACH LIFT SUPER SET 2 INCLINE 5 X 5 BENT ROW 5 X 10 LATERAL FLYS 5 X 10 MINI CIRCUIT 2 SL BOUNCE, PLANKS, BENCH REVERSE FLYS, TRICEPS SUPERSET 3 POWER CLEAN 5 X 5 ARM CURLS 5 X 10 KETTLEBELL SWINGS 5 X 5 MINI CIRCUIT 3	NONE	CLASSROOM PARTICIPATION ON A DAILY BASIS

Date	Power Essential	Learning Target	In-Class Activities	Assignments	Activities for Success
			HANG SNATCH, MED BALL TWISTS, OVERHEAD SQUATS, 1 ARM SNATCH		
Friday November 7	ALL CORE LIFTS FORM	CORE LIFTS	FRIDAY CIRCUIT AIR SQUAT 10 PUSHUPS 10 LUNGES 5 EACH MILITARY 10 BOX JUMPS 5 CURLS 10 SLDL 10 TRICEPS 10 1 ARM SNATCH 3 EACH 1 MIN PLANK 3 ROUNDS - DO LIFT THEN RUN END OF GYM AND BACK AFTER EACH LIFT - 3 MINUTES IN BETWEEN ROUNDS		CLASSROOM PARTICIPATION
Monday November 10	SQUAT FORM BENCH FORM	PROPER TECHNIQUE ON SQUAT AND BENCH PRESS - POSTED IN THE WEIGHT ROOM	SUPERSET 1 SQUAT 5 X 5 RDL 5 X 10 BOX JUMPS 5 X 5 MINI CIRCUIT 1 MILITARY, HAMMY DROPS, AB WHEEL, GOBLET SQUATS - 2 ROUNDS 25 SECONDS EACH LIFT	NONE	CLASSROOM PARTICIPATION ON A DAILY BASIS

Date	Power Essential	Learning Target	In-Class Activities	Assignments	Activities for Success
			SUPER SET 2 BENCH 5 X 5 BENT ROW 5 X 10 LATERAL FLYS 5 X 10 MINI CIRCUIT 2 SL BOUNCE, PLANKS, BENCH REVERSE FLYS, TRICEPS SUPERSET 3 PUSH JERK 5 X 5 ARM CURLS 5 X 10 KETTLEBELL SWINGS 5 X 5 MINI CIRCUIT 3 HANG SNATCH, MED BALL TWISTS, OVERHEAD SQUATS, 1 ARM SNATCH		
Tuesday November 11	SQUAT FORM BENCH FORM	PROPER TECHNIQUE ON SQUAT AND BENCH PRESS - POSTED IN THE WEIGHT ROOM	SUPERSET 1 SQUAT 5 X 5 RDL 5 X 10 BOX JUMPS 5 X 5 MINI CIRCUIT 1 MILITARY, HAMMY DROPS, AB WHEEL, GOBLET SQUATS - 2 ROUNDS 25 SECONDS EACH LIFT	NONE	CLASSROOM PARTICIPATION ON A DAILY BASIS

Date	Power Essential	Learning Target	In-Class Activities	Assignments	Activities for Success
			SUPER SET 2 BENCH 5 X 5 BENT ROW 5 X 10 LATERAL FLYS 5 X 10 MINI CIRCUIT 2 SL BOUNCE, PLANKS, BENCH REVERSE FLYS, TRICEPS SUPERSET 3 PUSH JERK 5 X 5 ARM CURLS 5 X 10 KETTLEBELL SWINGS 5 X 5 MINI CIRCUIT 3 HANG SNATCH, MED BALL TWISTS, OVERHEAD SQUATS, 1 ARM SNATCH		
Wednesday November 12	DEAD LIFT FORM POWER CLEAN FORM	PROPER TECHNIQUE ON DEAD LIFT AND POWER CLEAN - POSTED IN THE WEIGHT ROOM	SUPERSET 1 DEAD LIFT 5 X 5 RDL 5 X 10 BOX JUMPS 5 X 5 MINI CIRCUIT 1 MILITARY, HAMMY DROPS, AB WHEEL, GOBLET SQUATS - 2 ROUNDS 25 SECONDS EACH LIFT SUPER SET 2	NONE	CLASSROOM PARTICIPATION ON A DAILY BASIS

Date	Power Essential	Learning Target	In-Class Activities	Assignments	Activities for Success
			INCLINE 5 X 5 BENT ROW 5 X 10 LATERAL FLYS 5 X 10 MINI CIRCUIT 2 SL BOUNCE, PLANKS, BENCH REVERSE FLYS, TRICEPS SUPERSET 3 POWER CLEAN 5 X 5 ARM CURLS 5 X 10 KETTLEBELL SWINGS 5 X 5 MINI CIRCUIT 3 HANG SNATCH, MED BALL TWISTS, OVERHEAD SQUATS, 1 ARM SNATCH		
Thursday November 13	DEAD LIFT FORM POWER CLEAN FORM	PROPER TECHNIQUE ON DEAD LIFT AND POWER CLEAN - POSTED IN THE WEIGHT ROOM	SUPERSET 1 DEAD LIFT 5 X 5 RDL 5 X 10 BOX JUMPS 5 X 5 MINI CIRCUIT 1 MILITARY, HAMMY DROPS, AB WHEEL, GOBLET SQUATS - 2 ROUNDS 25 SECONDS EACH LIFT SUPER SET 2 INCLINE 5 X 5	NONE	CLASSROOM PARTICIPATION ON A DAILY BASIS

Date	Power Essential	Learning Target	In-Class Activities	Assignments	Activities for Success
			BENT ROW 5 X 10 LATERAL FLYS 5 X 10 MINI CIRCUIT 2 SL BOUNCE, PLANKS, BENCH REVERSE FLYS, TRICEPS SUPERSET 3 POWER CLEAN 5 X 5 ARM CURLS 5 X 10 KETTLEBELL SWINGS 5 X 5 MINI CIRCUIT 3 HANG SNATCH, MED BALL TWISTS, OVERHEAD SQUATS, 1 ARM SNATCH		
Friday November 14	ALL CORE LIFTS FORM	CORE LIFTS	FRIDAY CIRCUIT AIR SQUAT 10 PUSHUPS 10 LUNGES 5 EACH MILITARY 10 BOX JUMPS 5 CURLS 10 SLDL 10 TRICEPS 10 1 ARM SNATCH 3 EACH 1 MIN PLANK		CLASSROOM PARTICIPATION

Date	Power Essential	Learning Target	In-Class Activities	Assignments	Activities for Success
			3 ROUNDS - DO LIFT THEN RUN END OF GYM AND BACK AFTER EACH LIFT - 3 MINUTES IN BETWEEN ROUNDS		
Monday November 17	SQUAT FORM BENCH FORM	PROPER TECHNIQUE ON SQUAT AND BENCH PRESS - POSTED IN THE WEIGHT ROOM	SUPERSET 1 SQUAT 5 X 5 RDL 5 X 10 BOX JUMPS 5 X 5 MINI CIRCUIT 1 MILITARY, HAMMY DROPS, AB WHEEL, GOBLET SQUATS - 2 ROUNDS 25 SECONDS EACH LIFT SUPER SET 2 BENCH 5 X 5 BENT ROW 5 X 10 LATERAL FLYS 5 X 10 MINI CIRCUIT 2 SL BOUNCE, PLANKS, BENCH REVERSE FLYS, TRICEPS SUPERSET 3 PUSH JERK 5 X 5 ARM CURLS 5 X 10 KETTLEBELL SWINGS 5 X 5 MINI CIRCUIT 3	NONE	CLASSROOM PARTICIPATION ON A DAILY BASIS

Date	Power Essential	Learning Target	In-Class Activities	Assignments	Activities for Success
			HANG SNATCH, MED BALL TWISTS, OVERHEAD SQUATS, 1 ARM SNATCH		
Tuesday November 18	SQUAT FORM BENCH FORM	PROPER TECHNIQUE ON SQUAT AND BENCH PRESS - POSTED IN THE WEIGHT ROOM	SUPERSET 1 SQUAT 5 X 5 RDL 5 X 10 BOX JUMPS 5 X 5 MINI CIRCUIT 1 MILITARY, HAMMY DROPS, AB WHEEL, GOBLET SQUATS - 2 ROUNDS 25 SECONDS EACH LIFT SUPER SET 2 BENCH 5 X 5 BENT ROW 5 X 10 LATERAL FLYS 5 X 10 MINI CIRCUIT 2 SL BOUNCE, PLANKS, BENCH REVERSE FLYS, TRICEPS SUPERSET 3 PUSH JERK 5 X 5 ARM CURLS 5 X 10 KETTLEBELL SWINGS 5 X 5 MINI CIRCUIT 3	NONE	CLASSROOM PARTICIPATION ON A DAILY BASIS

Date	Power Essential	Learning Target	In-Class Activities	Assignments	Activities for Success
			HANG SNATCH, MED BALL TWISTS, OVERHEAD SQUATS, 1 ARM SNATCH		
Wednesday November 19	DEAD LIFT FORM POWER CLEAN FORM	PROPER TECHNIQUE ON DEAD LIFT AND POWER CLEAN - POSTED IN THE WEIGHT ROOM	SUPERSET 1 DEAD LIFT 5 X 5 RDL 5 X 10 BOX JUMPS 5 X 5 MINI CIRCUIT 1 MILITARY, HAMMY DROPS, AB WHEEL, GOBLET SQUATS - 2 ROUNDS 25 SECONDS EACH LIFT SUPER SET 2 INCLINE 5 X 5 BENT ROW 5 X 10 LATERAL FLYS 5 X 10 MINI CIRCUIT 2 SL BOUNCE, PLANKS, BENCH REVERSE FLYS, TRICEPS SUPERSET 3 POWER CLEAN 5 X 5 ARM CURLS 5 X 10 KETTLEBELL SWINGS 5 X 5 MINI CIRCUIT 3	NONE	CLASSROOM PARTICIPATION ON A DAILY BASIS

Date	Power Essential	Learning Target	In-Class Activities	Assignments	Activities for Success
			HANG SNATCH, MED BALL TWISTS, OVERHEAD SQUATS, 1 ARM SNATCH		
Thursday November 20	DEAD LIFT FORM POWER CLEAN FORM	PROPER TECHNIQUE ON DEAD LIFT AND POWER CLEAN - POSTED IN THE WEIGHT ROOM	SUPERSET 1 DEAD LIFT 5 X 5 RDL 5 X 10 BOX JUMPS 5 X 5 MINI CIRCUIT 1 MILITARY, HAMMY DROPS, AB WHEEL, GOBLET SQUATS - 2 ROUNDS 25 SECONDS EACH LIFT SUPER SET 2 INCLINE 5 X 5 BENT ROW 5 X 10 LATERAL FLYS 5 X 10 MINI CIRCUIT 2 SL BOUNCE, PLANKS, BENCH REVERSE FLYS, TRICEPS SUPERSET 3 POWER CLEAN 5 X 5 ARM CURLS 5 X 10 KETTLEBELL SWINGS 5 X 5 MINI CIRCUIT 3	NONE	CLASSROOM PARTICIPATION ON A DAILY BASIS

Date	Power Essential	Learning Target	In-Class Activities	Assignments	Activities for Success
			HANG SNATCH, MED BALL TWISTS, OVERHEAD SQUATS, 1 ARM SNATCH		
Friday November 21	ALL CORE LIFTS FORM	CORE LIFTS	FRIDAY CIRCUIT AIR SQUAT 10 PUSHUPS 10 LUNGES 5 EACH MILITARY 10 BOX JUMPS 5 CURLS 10 SLDL 10 TRICEPS 10 1 ARM SNATCH 3 EACH 1 MIN PLANK 3 ROUNDS - DO LIFT THEN RUN END OF GYM AND BACK AFTER EACH LIFT - 3 MINUTES IN BETWEEN ROUNDS		CLASSROOM PARTICIPATION
Monday November 24	ALL CORE LIFTS FORM	CORE LIFTS	FRIDAY CIRCUIT AIR SQUAT 10 PUSHUPS 10 LUNGES 5 EACH MILITARY 10 BOX JUMPS 5 CURLS 10 SLDL 10 TRICEPS 10		CLASSROOM PARTICIPATION

Date	Power Essential	Learning Target	In-Class Activities	Assignments	Activities for Success
			1 ARM SNATCH 3 EACH 1 MIN PLANK 3 ROUNDS - DO LIFT THEN RUN END OF GYM AND BACK AFTER EACH LIFT - 3 MINUTES IN BETWEEN ROUNDS		
Tuesday November 25	ALL CORE LIFTS FORM	CORE LIFTS	FRIDAY CIRCUIT AIR SQUAT 10 PUSHUPS 10 LUNGES 5 EACH MILITARY 10 BOX JUMPS 5 CURLS 10 SLDL 10 TRICEPS 10 1 ARM SNATCH 3 EACH 1 MIN PLANK 3 ROUNDS - DO LIFT THEN RUN END OF GYM AND BACK AFTER EACH LIFT - 3 MINUTES IN BETWEEN ROUNDS		CLASSROOM PARTICIPATION
Wednesday November 26	No School - Thanksgiving Break				
Thursday November 27	No School - Thanksgiving Break				
Friday November 28	No School - Thanksgiving Break				

Date	Power Essential	Learning Target	In-Class Activities	Assignments	Activities for Success
Monday December 1	SQUAT FORM BENCH FORM	PROPER TECHNIQUE ON SQUAT AND BENCH PRESS - POSTED IN THE WEIGHT ROOM	SUPERSET 1 SQUAT 5 X 5 RDL 5 X 10 BOX JUMPS 5 X 5 MINI CIRCUIT 1 MILITARY, HAMMY DROPS, AB WHEEL, GOBLET SQUATS - 2 ROUNDS 25 SECONDS EACH LIFT SUPER SET 2 BENCH 5 X 5 BENT ROW 5 X 10 LATERAL FLYS 5 X 10 MINI CIRCUIT 2 SL BOUNCE, PLANKS, BENCH REVERSE FLYS, TRICEPS SUPERSET 3 PUSH JERK 5 X 5 ARM CURLS 5 X 10 KETTLEBELL SWINGS 5 X 5 MINI CIRCUIT 3 HANG SNATCH, MED BALL TWISTS, OVERHEAD SQUATS, 1 ARM SNATCH	NONE	CLASSROOM PARTICIPATION ON A DAILY BASIS
Tuesday	SQUAT FORM	PROPER	SUPERSET 1	NONE	CLASSROOM

Date	Power Essential	Learning Target	In-Class Activities	Assignments	Activities for Success
December 2	BENCH FORM	TECHNIQUE ON SQUAT AND BENCH PRESS - POSTED IN THE WEIGHT ROOM	SQUAT 5 X 5 RDL 5 X 10 BOX JUMPS 5 X 5 MINI CIRCUIT 1 MILITARY, HAMMY DROPS, AB WHEEL, GOBLET SQUATS - 2 ROUNDS 25 SECONDS EACH LIFT SUPER SET 2 BENCH 5 X 5 BENT ROW 5 X 10 LATERAL FLYS 5 X 10 MINI CIRCUIT 2 SL BOUNCE, PLANKS, BENCH REVERSE FLYS, TRICEPS SUPERSET 3 PUSH JERK 5 X 5 ARM CURLS 5 X 10 KETTLEBELL SWINGS 5 X 5 MINI CIRCUIT 3 HANG SNATCH, MED BALL TWISTS, OVERHEAD SQUATS, 1 ARM SNATCH		PARTICIPATION ON A DAILY BASIS
Wednesday December 3	DEAD LIFT FORM POWER CLEAN	PROPER TECHNIQUE ON	SUPERSET 1 DEAD LIFT 5 X 5	NONE	CLASSROOM PARTICIPATION ON A

Date	Power Essential	Learning Target	In-Class Activities	Assignments	Activities for Success
	FORM	DEAD LIFT AND POWER CLEAN - POSTED IN THE WEIGHT ROOM	RDL 5 X 10 BOX JUMPS 5 X 5 MINI CIRCUIT 1 MILITARY, HAMMY DROPS, AB WHEEL, GOBLET SQUATS - 2 ROUNDS 25 SECONDS EACH LIFT SUPER SET 2 INCLINE 5 X 5 BENT ROW 5 X 10 LATERAL FLYS 5 X 10 MINI CIRCUIT 2 SL BOUNCE, PLANKS, BENCH REVERSE FLYS, TRICEPS SUPERSET 3 POWER CLEAN 5 X 5 ARM CURLS 5 X 10 KETTLEBELL SWINGS 5 X 5 MINI CIRCUIT 3 HANG SNATCH, MED BALL TWISTS, OVERHEAD SQUATS, 1 ARM SNATCH		DAILY BASIS
Thursday December 4	DEAD LIFT FORM POWER CLEAN FORM	PROPER TECHNIQUE ON DEAD LIFT AND POWER CLEAN -	SUPERSET 1 DEAD LIFT 5 X 5 RDL 5 X 10	NONE	CLASSROOM PARTICIPATION ON A DAILY BASIS

Date	Power Essential	Learning Target	In-Class Activities	Assignments	Activities for Success
		POSTED IN THE WEIGHT ROOM	BOX JUMPS 5 X 5 MINI CIRCUIT 1 MILITARY, HAMMY DROPS, AB WHEEL, GOBLET SQUATS - 2 ROUNDS 25 SECONDS EACH LIFT SUPER SET 2 INCLINE 5 X 5 BENT ROW 5 X 10 LATERAL FLYS 5 X 10 MINI CIRCUIT 2 SL BOUNCE, PLANKS, BENCH REVERSE FLYS, TRICEPS SUPERSET 3 POWER CLEAN 5 X 5 ARM CURLS 5 X 10 KETTLEBELL SWINGS 5 X 5 MINI CIRCUIT 3 HANG SNATCH, MED BALL TWISTS, OVERHEAD SQUATS, 1 ARM SNATCH		
Friday December 5	ALL CORE LIFTS FORM	CORE LIFTS	FRIDAY CIRCUIT AIR SQUAT 10 PUSHUPS 10 LUNGES 5 EACH		CLASSROOM PARTICIPATION

Date	Power Essential	Learning Target	In-Class Activities	Assignments	Activities for Success
			MILITARY 10 BOX JUMPS 5 CURLS 10 SLDL 10 TRICEPS 10 1 ARM SNATCH 3 EACH 1 MIN PLANK 3 ROUNDS - DO LIFT THEN RUN END OF GYM AND BACK AFTER EACH LIFT - 3 MINUTES IN BETWEEN ROUNDS		
Monday December 8	TESTING	SEMESTER TESTING BEGINS	BENCH - PRO AGILITY TEST		FINAL
Tuesday December 9	TESTING	SEMESTER TESTING BEGINS	BENCH - PRO AGILITY TEST		FINAL
Wednesday December 10	TESTING	SEMESTER TESTING BEGINS	SQUAT - VERTICAL JUMP		FINAL
Thursday December 11	TESTING	SEMESTER TESTING BEGINS	SQUAT - VERTICAL JUMP		FINAL
Friday December 12	TESTING	SEMESTER TESTING BEGINS	CLEAN - 40/20 YD DASH		FINAL
Monday December 15	TESTING	SEMESTER TESTING BEGINS	CLEAN - 40/20 YD DASH		FINAL
Tuesday December 16	TESTING	SEMESTER TESTING BEGINS	DEAD LIFT - SLJ		FINAL
Wednesday	TESTING	SEMESTER	DEAD LIFT - SLJ		FINAL

Date

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In-Class Activities

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