

Welcome students and parents to an exciting start in PE, Personal Wellness, and Weight Training! As we dive into September, we'll explore a range of activities designed to enhance overall health and enjoyment of movement. Our focus this month will be on establishing clear expectations, routines, and understanding the importance of physical wellness. We'll cover the fundamentals of body movement, sport skills, and weight training techniques. Please note that activities may change based on weather, location, and unforeseen circumstances. Our goal is to create a dynamic environment where students can improve their health, engage in physical activity, and enjoy a refreshing break from traditional classroom learning. We look forward to a fantastic month ahead!

	<u>9/3 - 9/6</u>	<u>9/9 - 9/13</u>	<u>9/16 - 9/20</u>	<u>9/24- 9/27</u>
FRESH P.E. Activity:	Ultimate Variations	Lacrosse	Folf	Kickball
	<u>9/3 - 9/6</u>	<u>9/9 - 9/13</u>	<u>9/16 - 9/20</u>	<u>9/24- 9/27</u>
SOPH P.E.:	Ultimate Variations	Lacrosse	Folf	Kickball
	<u>9/3 - 9/6</u>	<u>9/9 - 9/13</u>	<u>9/16 - 9/20</u>	<u>9/24- 9/27</u>
Personal Wellness:	Intro to Wellness Frisbee	Rollerblading Walking	Outdoor fitness Jogging	Individual Kicking activities Stretching
	<u>9/3 - 9/6</u>	<u>9/9 - 9/13</u>	<u>9/16 - 9/20</u>	<u>9/24- 9/27</u>
Weight Training	Trap Bar Jump	Viking clean to press	Med Ball Slam + Push Slam	Hang Clean Matrix
	3x5	3x5ea	3x10ea	3x3ea
	Aux Lift	Aux Lift	Aux Lift	Aux Lift
	Sprint Bball Court 1.5	Farmer's O.H. Walk	Copenhagen plank	Ex Ball Clock/Counter
	3x1	3xGym Floor / ea hand	3x:30ea	3x10ea
	Trap Bar Dead	Front Squat	Nordics	Side Lunge (Bar)
	3x5	3x5	3x5	3x5ea
	Aux Lift	Aux Lift	Aux Lift	Aux Lift
	Pause Pull-ups	Decline Push-up	TRX-knee up to Push up	Front/Lat Box (DB)
	3x3 x5sec pause @ top	3x5 - Tempo 3-4-0-0	3x10ea	3x5ea
	Upright Row	Bench	Incline DB Bench	Narrow Grip Bench
	3x5	3x5	3x5	3x5

Each week will be similar with variations in movements and weight. Agility and speed days will be incorporated once a week.

