

POTENTIAL DISTANCE LEARNING

McQueen High School 2020-2021 (PE/Weights Lessons Weeks 2 and 3)

Week #2 (Aug 24th – 28th)

Periods 0,1,2,3

Mon.

Work Out App #1
Upper Body 7/4
Wk 1 / Day 1
or
Fitness Center 3x3
Squat & B-Press w/ Aux
Quiz or Reflection
On MS Teams & Phone App

Tues.

Work Out App #2
Lower Body 7/4
Wk 1 / Day 1
or
Fitness Center 3x3
Pwr Cln & B-Press w/ Aux
Quiz or Reflection
On MS Teams & Phone App

Wed.

Work Out App #3
Beg. Abdominal Wrk Out
(15min.) and reflection

Thur.

Work Out App #4
Upper Body 7/4
Wk 1 / Day 2
or
Fitness Center 3x3
Squat & B-Press w/ Aux
Quiz or Reflection
On MS Teams & Phone App

Fri.

Work Out App #5
Lower Body 7/4
Wk 1 / Day 2
or
Fitness Center 3x3
Pwr Cln & B-Press w/ Aux
Quiz or Reflection
On MS Teams & Phone App

Periods 4,5,6,7

Mon.

Work Out App #1
Upper Body 7/4
Wk 1 / Day 1
or
Fitness Center 3x3
Squat & B-Press w/ Aux
Quiz or Reflection
On MS Teams & Phone App

Tues.

Work Out App #2
Lower Body 7/4
Wk 1 / Day 1
or
Fitness Center 3x3
Pwr Cln & B-Press w/ Aux
Quiz or Reflection
On MS Teams & Phone App

Wed.

Work Out App #3
Beg. Abdominal Wrk Out
(15min.) and reflection

Thur.

Work Out App #4
Upper Body 7/4
Wk 1 / Day 2
or
Fitness Center 3x3
Squat & B-Press w/ Aux
Quiz or Reflection
On MS Teams & Phone App

Fri.

Work Out App #5
Lower Body 7/4
Wk 1 / Day 2
or
Fitness Center 3x3
Pwr Cln & B-Press w/ Aux
Quiz or Reflection
On MS Teams & Phone App

Week #3 (Aug 31st – Sept. 4th)

Periods 0,1,2,3

Mon.

Work Out App #6
Upper Body 7/4
Wk 1 / Day 3
or
Fitness Center 5x5
Squat & B-Press w/ Aux
Quiz or Reflection
On MS Teams & Phone App

Tues.

Work Out App #7
Lower Body 7/4
Wk 1 / Day 3
or
Fitness Center 5x5
Pwr Cln & B-Press w/ Aux
Quiz or Reflection
On MS Teams & Phone App

Wed.

Work Out App #8
Beg. Armsl Wrk Out
(16min.) and reflection

Thur.

Work Out App #9
Upper Body 7/4
Wk 1 / Day 4
or
Fitness Center 5x5
Squat & B-Press w/ Aux
Quiz or Reflection
On MS Teams & Phone App

Fri.

Work Out App #10
Lower Body 7/4
Wk 1 / Day 4
or
Fitness Center 5x5
Pwr Cln & B-Press w/ Aux
Quiz or Reflection
On MS Teams & Phone App

Periods 4,5,6,7

Mon.

Work Out App #1
Upper Body 7/4
Wk 1 / Day 1
or
Fitness Center 5x5
Squat & B-Press w/ Aux
Quiz or Reflection
On MS Teams & Phone App

Tues.

Work Out App #2
Lower Body 7/4
Wk 1 / Day 1
or
Fitness Center 5x5
Pwr Cln & B-Press w/ Aux
Quiz or Reflection
On MS Teams & Phone App

Wed.

Work Out App #3
Beg. Abdominal Wrk Out
(15min.) and reflection

Thur.

Work Out App #4
Upper Body 7/4
Wk 1 / Day 2
or
Fitness Center 5x5
Squat & B-Press w/Aux
Quiz or Reflection
On MS Teams & Phone App

Fri.

Work Out App #5
Lower Body 7/4
Wk 1 / Day 2
or
Fitness Center 5x5
Pwr Cln & B-Press w/ Aux
Quiz or Reflection
On MS Teams & Phone App