**Week Beginning: January (13-17), 2025**

**Teacher: REICHARDT**

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|  | **Health Class** | **Junior High Physical Education** | **Elementary Physical Education** |
| Monday | **Hands Only CPR.****A (1-7) C (1-4) E (1-4) G (1-5)****B (1-6) D (1-6) F (1-6)** | **Attendance, Warm-Ups****Volleyball Skills and Rules****A (1-4) C (3) E (1-5)****B (2,3) D (1-4) G (1-4)** | **Attendance, Warm-Ups****4th – 6th – Guard the Pin/Bomb the Ball.** **Work on throwing skills, teamwork, endurance, accuracy, competition, and cooperation.**  |
| Tuesday | **Video "Drop-out Nation"****A (1-7) C (1-4) E (1-4) G (1-5)****B (1-6) D (1-6) F (1-6)** | **Attendance, Warm-Ups****Volleyball Skills and Rules****A (1-4) C (3) E (1-5)****B (2,3) D (1-4) G (1-4)** | **Attendance, Warm-Ups****4th – 6th – Guard the Pin/Bomb the Ball.** **Work on throwing skills, teamwork, endurance, accuracy, competition, and cooperation.**  |
| Wednesday | **Video "Drop-out Nation"****A (1-7) C (1-4) E (1-4) G (1-5)****B (1-6) D (1-6) F (1-6)** | **Attendance, Warm-Ups****Volleyball Games****A (1-4) C (3) E (1-5)****B (2,3) D (1-4) G (1-4)** | **Attendance, Warm-Ups****4th – 6th – Guard the Pin/Bomb the Ball.** **Work on throwing skills, teamwork, endurance, accuracy, competition, and cooperation.**  |

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|  | **Health Class** | **Junior High Physical Education** | **Elementary Physical Education** |
| Thursday | **Heath Final****A (1-7) C (1-4) E (1-4) G (1-5)****B (1-6) D (1-6) F (1-6)** | **Attendance, Warm-Ups****Volleyball Games****A (1-4) C (3) E (1-5)****B (2,3) D (1-4) G (1-4)** | **Attendance, Warm-Ups****4th – 6th – Guard the Pin/Bomb the Ball.** **Work on throwing skills, teamwork, endurance, accuracy, competition, and cooperation.**  |
| Friday | **Health Final****A (1-7) C (1-4) E (1-4) G (1-5)****B (1-6) D (1-6) F (1-6)** | **Attendance, Warm-Ups****Volleyball Games****A (1-4) C (3) E (1-5)****B (2,3) D (1-4) G (1-4)** | **Attendance, Warm-Ups****4th – 6th – Guard the Pin/Bomb the Ball.** **Work on throwing skills, teamwork, endurance, accuracy, competition, and cooperation.**  |