**Virtual Phys. Ed. Curriculum**

**Week 1**

**Monday**

Check in/attendance, power point presentation, inky Johnson video

**Tuesday**

Check in/attendance, power point presentation, inky Johnson video

**Wednesday**

Check in/attendance, questionnaire, fitness log, ABC workout, I CRY video

**Thursday**

Check in/attendance, questionnaire, fitness log, ABC workout, I CRY video

**Week 2**

**Monday**

Check in/attendance, would you rather, questionnaire, ABC workout, fitness log, word of the day

**Tuesday**

Check in/attendance, would you rather, questionnaire, ABC workout, fitness log, word of the day

**Wednesday**

Check in/attendance, would you rather, word of the day, next level training 1.0, fitness log

**Thursday**

Check in/attendance, would you rather, word of the day, next level training 1.0, fitness log

**Week 3**

**Monday**

Check in/attendance, would you rather, word of the day, next level training 1.0, fitness log, 15-20 min. ind. reading

**Tuesday**

Check in/attendance, would you rather, word of the day, next level training 1.0, fitness log, 15-20 min. ind. reading

**Wednesday**

Check in/attendance, would you rather, word of the day, next level training 1.0, fitness log, 15-20 min. ind. Reading

**Thursday**

Check in/attendance, would you rather, word of the day, next level training 1.0, fitness log, 15-20 min. ind. Reading

**Week 4**

**Monday**

Check in/ attendance, would you rather, word of the day, next level training 1.5, fitness log, 15-20 min. ind. Reading

**Tuesday**

Check in/ attendance, would you rather, word of the day, next level training 1.5, fitness log, 15-20 min. ind. Reading

**Wednesday**

Check in/ attendance, would you rather, word of the day, next level training 1.5, fitness log, 15-20 min. ind. Reading

**Thursday**

Check in/ attendance, would you rather, word of the day, next level training 1.5, fitness log, 15-20 min. ind. Reading

**Week 5**

**Monday**

Check in/attendance, would you rather, word of the day, Avengers End Game workout, fitness log, 15-20 min. ind. Reading

**Tuesday**

Check in/attendance, would you rather, word of the day, Avengers End Game workout, fitness log, 15-20 min. ind. Reading

**Wednesday**

Check in/attendance, would you rather, word of the day, Avengers End Game workout, fitness log, 15-20 min. ind. Reading

**Thursday**

Check in/attendance, would you rather, word of the day, Avengers End Game workout, fitness log, 15-20 min. ind. Reading

**Week 6**

**Monday**

Check in/attendance, would you rather, word of the day, next level training 2.0, fitness log, 15-20 min. ind. reading

**Tuesday**

Check in/attendance, would you rather, word of the day, next level training 2.0, fitness log, 15-20 min. ind. reading

**Wednesday**

Check in/attendance, would you rather, word of the day, next level training 2.0, fitness log, 15-20 min. ind. reading

**Thursday**

Check in/attendance, would you rather, word of the day, next level training 2.0, fitness log, 15-20 min. ind. Reading

**Week 7**

Monday

Check in/attendance, word of the day,

Tuesday

Wednesday

Thursday