

Over 100 lesson plans, developed with fitness curriculum specialist Nicholas Slotterback, are in the programming guide, free with each purchase. Below is a brief overview of how the lesson plans are available in three separate program options for both middle and high schools.

High School Lesson Plans

108 lesson plans in 3 program options

① 9-Week Marking Period Program

WEEK	1	2	3	4	5	6	7	8	9	END MP1
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- Intro/Practice
- 6 Week Program
- 3 Week Program
- 8 Week Program
- 4 Week Program
- Post Test/Summary
- 5 Week Program

② Half Year Program

WEEK	1	2	3	4	5	6	7	8	9	END MP1	10	11	12	13	14	15	16	17	18	END MP2
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③ Full Year Program

WEEK	1	2	3	4	5	6	7	8	9	END MP1	10	11	12	13	14	15	16	17	18	END MP2
WEEK	19	20	21	22	23	24	25	26	27	END MP3	28	29	30	31	32	33	34	35	36	END MP4

Middle School Lesson Plans

108 lesson plans in 3 program options

① 9-Week Marking Period Program

WEEK	1	2	3	4	5	6	7	8	9	END MP1
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② Half Year Program

WEEK	1	2	3	4	5	6	7	8	9	END MP1	10	11	12	13	14	15	16	17	18	END MP2
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③ Full Year Program

WEEK	1	2	3	4	5	6	7	8	9	END MP1	10	11	12	13	14	15	16	17	18	END MP2
WEEK	19	20	21	22	23	24	25	26	27	END MP3	28	29	30	31	32	33	34	35	36	END MP4