Monday Reminders 8/31/20

1. Blog –
	1. Week at a Glance
	2. Assignments to be found in case CTLS does not work
2. Health Chapter 1 & 2 Test – Quizizz Code 28468608

Must be completed by 3:00pm today

1. I will enter all grades today in ParentVue/StudentVue
	1. Please check to see if you have any zeros – you will have through next Monday to get caught up with any work that you have missed/not completed.
2. This week we will be working in our Personal Fitness – Chapter 3



* 1. Chapter 3 – we will be applying the Training Principles
		1. Overload (FITT)
		2. Specificity
		3. Progression
	2. You have one assignment – applying the Training Principles – Due Friday
	3. Vocabulary Quiz on Thursday on Quizizz – 80% or better on the Quiz and you will earn 5 points bonus on your Chapter 3 Test.
	4. Personal Fitness Chapter 3 Test – beginning on Thursday
1. Reminder – Next Monday – No Class (Labor Day)
	1. During that week – we will have class on Tuesday
	2. You will need to complete one workout on your own & submit your Workout Reflection