

**2018 Summer PST
Daily Schedule**

Monday

Tuesday

Wednesday

Thursday

Friday

Monday	Tuesday	Wednesday	Thursday	Friday
<p>June 4</p> <p>No Class</p>	<p>June 5</p> <p>Introduction Roll/Roll call lines Review dress code Fitness pre-tests (sit & reach, curl-ups, push ups,) Written fitness pre-test Disclosure statement and Syllabus</p>	<p>June 6</p> <p>Disclosure Due</p> <p>Roll Stretches Dress check 1.5-mile jog pre-test Push-ups and curl-ups Start soccer tournament Review soccer test</p>	<p>June 7</p> <p>Review for soccer test</p> <p>Roll Stretches Interval training Soccer tournament continues Written soccer test</p>	<p>June 8</p> <p>Hike</p> <p>Morning Session: 6:30 am Afternoon Session: 9:30 am</p> <p>Meet at South County Pool 12765 south 1125 west, Riverton</p> <p>Need to provide your own transportation</p> <p>Wear appropriate shoes and clothes (no sandals) Apply sunscreen & insect repellent before coming Bring food and plenty of water Hats and sunglasses are encouraged No use of electronic devices on the hike</p>
<p>June 11</p> <p>Roll Stretches Interval training Finish soccer tournament Start softball tournament Review for softball test</p> <p style="text-align: center;">Make up day</p>	<p>June 12</p> <p>Roll Stretches Interval training Finish softball tournament Written softball test Start basketball tournament</p>	<p>June 13</p> <p>Roll Stretches Interval training Continue basketball tournament Review for tennis test including etiquette</p> <p style="text-align: center;">Make up day</p>	<p>June 14</p> <p>Tennis @ Bingham High School</p> <p>-Bring your own tennis racket and tennis balls -Need to provide your own transportation -Bring extra water since there drinking fountains are not available -Dress in PE clothes -Written tennis test -Review for basketball test</p> <p>Group Rotations Times 6:30 a.m. – 9:30 a.m. 9:30 a.m. – 12:30 p.m. 1:30 p.m. – 4:30 p.m.</p>	<p>June 15</p> <p>Roll Stretches Interval training Finish basketball tournament Written basketball test Start volleyball</p> <p style="text-align: center;">Make up day</p>

<p>June 18</p> <p>Roll Stretches Interval training Continue Volleyball Review for volleyball test</p> <p style="text-align: center;">Make up day</p>	<p>June 19</p> <p>Roll Stretches Interval training Continue Volleyball Written volleyball test</p>	<p>June 20</p> <p style="text-align: center;">Bowling @ West Jordan “All Star Lanes”</p> <p style="text-align: center;">1776 W. 7800 S. West Jordan</p> <p>School appropriate dress (not your PE clothes) Lunch will be provided Bowl 3 games Review for bowling test</p> <p>Group Times 9:00 a.m. – 11:30 a.m. 11:30 a.m. – 2:00 p.m. 2:30 p.m. - 5:00 p.m. 5:00 p.m. - 7:30 p.m.</p>	<p>June 21</p> <p>Roll Stretches Interval training Bowling written test Finish volleyball tournament</p>	<p>June 22</p> <p style="text-align: center;">Final Day Mandatory Attendance</p> <p style="text-align: center;">Final Tests Written and Physical</p> <p style="text-align: center;">Very Last Make-up day as well</p>
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