

## 2019 Summer PST Daily Schedule

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>June 3</b></p> <p><b>No Class</b></p>	<p><b>June 4</b></p> <p>Introduction Roll/Roll call lines Review dress code Fitness pre-tests (sit &amp; reach, curl-ups, push ups, ) <b>Written fitness pre-test</b> Disclosure statement and Syllabus</p>	<p><b>June 5</b></p> <p><b>Disclosure Due</b></p> <p>Roll Stretches <b>Dress check</b> 1.5-mile jog pre-test Push-ups and curl-ups Start soccer tournament <b>Review soccer test</b></p>	<p><b>June 6</b></p> <p><b>Review for soccer test</b></p> <p>Roll Stretches Interval training Soccer tournament continues <b>Written soccer test</b></p>	<p><b>June 7</b></p> <p><b>Hike</b></p> <p><b>Morning Session: 6:30 am</b> <b>Afternoon Session: 9:30 am</b></p> <p><b>Meet at South County Pool</b> <b>12765 south 1125 west,</b> <b>Riverton</b></p> <p><b>Need to provide your own transportation</b></p> <p>Wear appropriate shoes and clothes (<b>no sandals</b>) Apply sunscreen &amp; 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><b>June 10</b></p> <p>Roll Stretches Interval training Finish soccer tournament Start softball tournament Review for softball test</p> <p style="text-align: center;"><b>Make up day</b></p>	<p><b>June 11</b></p> <p>Roll Stretches Interval training Finish softball tournament <b>Written softball test</b> Start basketball tournament</p>	<p><b>June 12</b></p> <p>Roll Stretches Interval training Continue basketball tournament <b>Review for tennis test including etiquette</b></p>	<p><b>June 13</b></p> <p><b>Tennis @ Bingham High School</b></p> <p><b>-Bring your own tennis racket and tennis balls</b> <b>-Need to provide your own transportation</b> <b>-Bring extra water since there drinking fountains are not available</b> <b>-Dress in PE clothes</b> <b>-Written tennis test</b> <b>-Review for basketball test</b></p> <p><b>Group Rotations Times</b> 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><b>June 14</b></p> <p>Roll Stretches Interval training Finish basketball tournament <b>Written basketball test</b> Start volleyball</p>

<p><b>June 17</b></p> <p>Roll Stretches Interval training Continue Volleyball Review for volleyball test</p> <p><b>Make up day</b></p>	<p><b>June 18</b></p> <p>Roll Stretches Interval training Continue Volleyball <b>Written volleyball test</b></p>	<p><b>June 19</b></p> <p><b>Bowling @ West Jordan "All Star Lanes"</b> <b>1776 W. 7800 S. West Jordan</b></p> <p>School appropriate dress (not your PE clothes) <b>Lunch will be provided</b> Bowl 3 games <b>Review for bowling test</b></p> <p><b>Group Times</b> 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><b>June 20</b></p> <p>Roll Stretches Interval training <b>Bowling written test</b> Finish volleyball tournament</p>	<p><b>June 21</b></p> <p><b>Final Day Mandatory Attendance</b></p> <p><b>Final Tests Written and Physical</b></p> <p><b>Very Last Make-up day as well</b></p>
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