

Lesson Plan

Hilary Term Week 8 – Feb. 27 – Mar. 3

Monday 27 8:30-9:00 Mass	Tuesday 28 8:30-9:00 Mass	Wednesday 1 8:30-9:00 Mass	Thursday 2 8:30-9:00 Mass	Friday 3
<p>9:10 - 9:20 Light Exercise</p> <p>9:20 – 10:30 Humanities</p> <ul style="list-style-type: none"> - Finish Psalm 1 recitations - Latin work, groups 1 & 2 	<p>9:10 - 9:20 Light Exercise</p> <p>9:20 – 10:30 Science –</p> <ul style="list-style-type: none"> - Engine build project wrap up 	<p>9:10 - 9:20 Light Exercise</p> <p>9:20 – 9:45 Humanities</p> <ul style="list-style-type: none"> - Psalm 1 Latin Recitation <p>9:45 – 10:30 Finish <i>Practice of the Presence</i> reading:</p>	<p>9:10 - 9:20 Light Exercise</p> <p>9:20 – 10:30 Science –</p> <ul style="list-style-type: none"> - Engine module review - Steam turbines, internal combustion review 	<p>CRAFTSMANSHIP & HUSBANDRY – DROP-OFF AND PICKUP AT DIVINUM</p>
10:30-11:00 Outside Tea	10:30-10:45 Tea	10:30-11:00 Outside Tea	10:30 -10:45 Tea	
<p>11:00 - 12:15 Humanities:</p> <ol style="list-style-type: none"> 1. Plato's <i>Timaeus</i> 2. Third reading and discussion <ul style="list-style-type: none"> - Quantity and proportion - Logos as Craftsman 	<p>10:45 - 12:00 Math:</p> <ul style="list-style-type: none"> - Book 3 Prop. 1-15 cataloguing/review - Proposition 16 & 17 - Practice problem 2. 	<p>11:00 - 12:15 Humanities:</p> <ul style="list-style-type: none"> - New Kingdom Egypt - Bronze Age Collapse - Volcanoes, plagues, Sea Peoples 	<p>10:45 - 12:00 Math:</p> <ul style="list-style-type: none"> - Book 3, propositions 18-22 - Practice problem 3. 	
ANGELUS 12:20 – 12:45 Lunch	ANGELUS 12:00 -12:30 Lunch	ANGELUS 12:20 – 12:45 Lunch	ANGELUS 12 -12:30 Lunch	ANGELUS Lunch
<p>12:45 – 1:45</p> <ul style="list-style-type: none"> - Study Hall 	<p>12:30 – 1:55</p> <ul style="list-style-type: none"> - R & C (Folklore presentation) 	<p>1:15 – 2:30</p> <ul style="list-style-type: none"> - Study Hall/ Advising - Presentation overflow 	<p>12:45 – 1:45</p> <ul style="list-style-type: none"> - Study Hall 	

<p>2:10 – 3 PM</p> <ul style="list-style-type: none"> - Warmup - Tabata sprint cycle - Lower body plyometrics - Pushup/core circuit - 1 mile cool down jog - Stretching 	<p>2 – 3:00 PM</p> <p>Soccer Practice</p>	<p>2:30 – 3:20 PM</p> <ul style="list-style-type: none"> - Jog to gym - Warmup - Jump rope - Kettlebell press/ swing circuit - Handstand pushup clinic - Stretching 	<p>2 – 3 PM</p> <p>Soccer Practice</p>	<p>DISMISSAL 1PM</p>
<p>DISMISSAL 3:10</p>	<p>DISMISSAL 3:10 PM</p>	<p>Boxing 3:30-4</p>	<p>DISMISSAL 3:10 PM</p>	