MCJROTC ONLINE COURSE WORK

INSTRUCTOR: SGTMAJ ALEXANDER LAMBERTH

LEI

WEEK 1: 3/30/2020 – 4/03/2020

SUBJECT: Category 3 – Personal Growth and Responsibility

Skill 1 – Physical Fitness

RESOURCE: LEI Student Textbook

**SUBJECT: Physical Training: The Daily Sixteen (Pages 65 – 81)**

ASSIGNMENT: Learning Activity:

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|  | READ PAGES 65-81 |
|  | COMPLETE ATTACHED ASSIGNMENT |
| TURN-IN | VIA EMAIL ASSOCIATED WITH MY SCHOOL WEBSITE.  (IF YOU CANNOT PRINT, TAKE A PICTURE WITH YOUR PHONE AND SEND VIA EMAIL) |

Turn-In Instructions: ASSIGNMENT DUE BY 4/3/2020

