

## **PLAN of THE DAY 09-07-06 (Thursday – Day 5 - E Day)**

(Mr. Menin, PSII, Room 279)

**ALL PERIODS - REVIEW CD LOG SHEETS – ESPECIALLY B BLOCK.**

Objective: “Distance – Magnitude - Fluency in WebAssign”

1. Review WebAssign results for POD #2 – did all students complete it? – review results
2. Review “Magnitude” as an official WOD.
3. Review HW Protocol for Manual PODs.
4. Return to Bromfield Wall and complete distance estimates – instructor to pace out wall and measure with tape.
5. Extra Block Time (*Day 4*) – Powers of Observation.