

## Malt, Sherie

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**From:** Sabato, Joseph  
**Sent:** Friday, February 06, 2015 10:53 AM  
**To:** Malt, Sherie  
**Subject:** FW: Lesson

**From:** Klouser, Jamie  
**Sent:** Thursday, February 05, 2015 2:48 PM  
**To:** Sabato, Joseph  
**Subject:** Lesson

Jamie Klouser

2/4/15

In the second marking period, I used an iphone and videos from youtube to conduct various fitness improvement exercises with my classes. Specifically Fitnessgram videos to improve situps and pushups.