Luke Giese

Lesson Plans

Week of 1-11-21

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| Day | 7th Grade Health/Physical Education | 6th Grade Physical Education | Personal Fitness |
| Monday | Warm Up  Intro to 4 Square: Concepts, strategies and striking rules.  Introduce rules, then game play. | Warm Up  Intro to 4 Square: Concepts, strategies and striking rules.  Introduce rules, then game play. | 3 Weight Training Lifts Project assignment. Students will begin working on researching and practicing 3 different lift to teach their classmates. |
| Tuesday | Warm Up  4 Square  Striking Skills and Accuracy assessment  Review rules, then game play. | Warm Up  Intro to 4 Square: Concepts, strategies and striking rules.  Introduce rules, then game play. | Weight Training Lifts Project assignment. Students will be working on researching and practicing 3 different lift to teach their classmates. |
| Wednesday | Warm Up  4 Square  Striking Skills and Accuracy assessment  Review rules, then game play. | Warm Up  Intro to 4 Square: Concepts, strategies and striking rules.  Introduce rules, then game play. | Weight Training Lifts Project assignment. Students will begin working on researching and practicing 3 different lift to teach their classmates. |
| Thursday | Warm Up  4 Square  Striking Skills and Accuracy assessment  Review rules, then game play. | Warm Up  4 Square  Striking Skills and Accuracy assessment  Review rules, then game play. | Students will present lifts after a short warm up. |
| Friday | Warm Up  4 Square  Striking Skills and Accuracy assessment  Review rules, then game play. | Warm Up  4 Square  Striking Skills and Accuracy assessment  Review rules, then game play. | Students will present lifts after a short warm up. |