Luke Giese

Lesson Plans

Week of 1-20-21

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| Day | 7th Grade Health/Physical Education | 6th Grade Physical Education | Personal Fitness |
| Monday | Ch.#19 Review Day.  Kahoot  HW: Ch. #19 Review | Warm Up  4- Square  4Square Variations | Warm up  Class made Individualized Workouts (Weight Room) |
| Tuesday | Ch.#19 Test  Study and Review  Take Ch.#19 Test | Warm Up  4- Square  4Square Variations | Warm up  Class made Individualized Workouts (Weight Room) |
| Wednesday | Ch.#20 Adolescence and Adulthood Sec.#1 Adolescence a Time of Change. Read, Notes, and Discussion as a class.  HW: 20-1 NTG Schoology | Warm Up  4- Square  4Square Variations | Warm up  HIIT Workout in Wrestling Room |
| Thursday | Ch.#20 Adolescence and Adulthood Sec.#2 Adolescence and Responsibility. Read, Notes, and Discussion as a class.  HW: 20-2 NTG Schoology | Warm Up  4- Square  4Square Variations | Warm up  Class made Individualized Workouts (Weight Room) |
| Friday | Ch.#20 Adolescence and Adulthood Sec.#3 Adulthood and Marriage. Read, Notes, and Discussion as a class.  HW: 20-3 NTG Schoology | Warm Up  4- Square  4Square Variations | Cardio Day  Class Lead Jump Rope Cardio workout in wrestling room. |