Luke Giese

Lesson Plans

Week of 10-12-20

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| Day | 7th Grade Health/Physical Education | 6th Grade Physical Education | Personal Fitness |
| Monday | NO SCHOOL | NO SCHOOL | NO SCHOOL |
| Tuesday | P.E.  Warm Up  Intro to Soccer  Passing, Dribbling, Shooting the ball. | P.E.  Warm Up  Intro to Soccer  Passing, Dribbling, Shooting the ball. | Warm Up  Cardio Day outside on the Track.  Student discussion on Cardiorespiratory Endurance. |
| Wednesday | P.E.  Warm Up  Soccer: Passing, Dribbling, Shooting Skills  Explain Soft Rules for Game Play.  3 on 3 or 4 on 4 Game Play | P.E.  Warm Up  Intro to Soccer  Passing, Dribbling, Shooting the ball. | Warm Up  PLT4M  Students will do their individualized weight training programs through the PLT4M app. |
| Thursday | P.E.  Warm Up  Soccer: Passing, Dribbling, Shooting Skills  Explain Soft Rules for Game Play.  3 on 3 or 4 on 4 Game Play | P.E.  Warm Up  Intro to Soccer  Passing, Dribbling, Shooting the ball. | Warm Up and Cool Down Student lead assignment. |
| Friday | P.E.  Warm Up  Soccer: Passing, Dribbling, Shooting Skills  Explain Soft Rules for Game Play.  3 on 3 or 4 on 4 Game Play | P.E.  Warm Up  Soccer: Passing, Dribbling, Shooting Skills  Explain Soft Rules for Game Play.  3 on 3 or 4 on 4 Game Play | Warm Up  PLT4M  Students will do their individualized weight training programs through the PLT4M app. |