Luke Giese

Lesson Plans

Week of 10-12-20

|  |  |  |  |
| --- | --- | --- | --- |
| Day | 7th Grade Health/Physical Education | 6th Grade Physical Education | Personal Fitness |
| Monday | NO SCHOOL | NO SCHOOL | NO SCHOOL |
| Tuesday | P.E.Warm UpIntro to SoccerPassing, Dribbling, Shooting the ball. | P.E.Warm UpIntro to SoccerPassing, Dribbling, Shooting the ball. | Warm UpCardio Day outside on the Track.Student discussion on Cardiorespiratory Endurance. |
| Wednesday | P.E.Warm UpSoccer: Passing, Dribbling, Shooting SkillsExplain Soft Rules for Game Play.3 on 3 or 4 on 4 Game Play | P.E.Warm UpIntro to SoccerPassing, Dribbling, Shooting the ball. | Warm UpPLT4MStudents will do their individualized weight training programs through the PLT4M app. |
| Thursday | P.E.Warm UpSoccer: Passing, Dribbling, Shooting SkillsExplain Soft Rules for Game Play.3 on 3 or 4 on 4 Game Play | P.E.Warm UpIntro to SoccerPassing, Dribbling, Shooting the ball. | Warm Up and Cool Down Student lead assignment. |
| Friday | P.E.Warm UpSoccer: Passing, Dribbling, Shooting SkillsExplain Soft Rules for Game Play.3 on 3 or 4 on 4 Game Play | P.E.Warm UpSoccer: Passing, Dribbling, Shooting SkillsExplain Soft Rules for Game Play.3 on 3 or 4 on 4 Game Play | Warm UpPLT4MStudents will do their individualized weight training programs through the PLT4M app. |