Luke Giese

Lesson Plans

Week of 10-19-20

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| Day | 7th Grade Health/Physical Education | 6th Grade Physical Education | Personal Fitness |
| Monday | Ch.#12 Cardiovascular and Respiratory Health Sec.#1 Your Cardiovascular System. Read, Notes, and Discussion as a class.  HW: 12-1 NTG Schoology | Warm Up  Soccer Unit  Continue Game Play (Outside if possible) | Warm up and Cool down: Using the WU and CD with Static and Dynamic Movements. |
| Tuesday | Ch.#12 Cardiovascular and Respiratory Health Sec.#2 Cardiovascular Health. Read, Notes, and Discussion as a class.  HW: 12-2 NTG Schoology | Warm Up  Soccer Unit  Continue Game Play (Outside if possible) | PLT4M  Cardio Day  Warm Up  Track Mile Run/Walk |
| Wednesday | Ch.#12 Cardiovascular and Respiratory Health Sec.#3 Respiratory Health. Read, Notes, and Discussion as a class.  HW: 12-3 NTG Schoology | Warm Up  Soccer Unit  Continue Game Play (Outside if possible) | PLT4M  Warm Up  PF Fall Workout  Arms/Shoulders |
| Thursday | Ch.#12 Cardiovascular and Respiratory Health Review and Class Assessment  HW: Class Assessment | Warm Up  Soccer Unit  Continue Game Play (Outside if possible) | PLT4M  Cardio Day  Warm Up  Track 20 Min. Run/Walk |
| Friday | No School | No School | No School |