Luke Giese

Lesson Plans

Week of 10-26-20

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| Day | 7th Grade Health/Physical Education | 6th Grade Physical Education | Personal Fitness |
| Monday | P.E.  Warm Up  Intro to 4 Corner Soccer  Passing, Dribbling, Shooting the ball.  Play 4 Corner Soccer | P.E.  Warm Up  Intro to 4 Corner Soccer  Passing, Dribbling, Shooting the ball.  Play 4 Corner Soccer | Warm Up  PLT4M  Students will do their individualized weight training programs through the PLT4M app. |
| Tuesday | P.E.  Warm Up  4 Corner Soccer  Passing, Dribbling, Shooting the ball.  Play 4 Corner Soccer | P.E.  Warm Up  Intro to 4 Corner Soccer  Passing, Dribbling, Shooting the ball.  Play 4 Corner Soccer | Warm Up  Cardio Day in the Wrestling Room  Student discussion on Cardiorespiratory Endurance. |
| Wednesday | P.E.  Warm Up  4 Corner Soccer  Passing, Dribbling, Shooting the ball.  Play 4 Corner Soccer | P.E.  Warm Up  Intro to 4 Corner Soccer  Passing, Dribbling, Shooting the ball.  Play 4 Corner Soccer | Warm Up  PLT4M  Students will do their individualized weight training programs through the PLT4M app. |
| Thursday | P.E.  Warm Up  4 Corner Soccer  Passing, Dribbling, Shooting the ball.  Play 4 Corner Soccer | P.E.  Warm Up  4 Corner Soccer  Passing, Dribbling, Shooting the ball.  Play 4 Corner Soccer | Cardiorespiratory discussion in the classroom. |
| Friday | P.E.  Warm Up  4 Corner Soccer  Passing, Dribbling, Shooting the ball.  Play 4 Corner Soccer | P.E.  Warm Up  4 Corner Soccer  Passing, Dribbling, Shooting the ball.  Play 4 Corner Soccer | Warm Up  PLT4M  Students will do their individualized weight training programs through the PLT4M app. |