Luke Giese

Lesson Plans

Week of 11-16-20

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| Day | 7th Grade Health/Physical Education | 6th Grade Physical Education | Personal Fitness |
| Monday | Ch.#14 Personal Care Sec.#1 Your Teeth and Gums. Read, Notes, and Discussion as a class.HW: 14-1 NTG Schoology | Warm UpFloor Hockey UnitReview and Continue Game Play. | Warm up Class made Individualized Workouts (Weight Room) |
| Tuesday | Ch.#14 Personal Care Sec.#2 Skin, Hair, and Nails. Read, Notes, and Discussion as a class.HW: 14-2 NTG Schoology | Warm UpFloor Hockey UnitReview and Continue Game Play. | Warm up Class made Individualized Workouts (Weight Room) |
| Wednesday | Ch.#14 Personal Care Sec.#3 Your Eyes and Ears. Read, Notes, and Discussion as a class.HW: 14-3 NTG Schoology | Warm UpFloor Hockey UnitReview and Continue Game Play. | Warm up Class made Individualized Workouts (Wrestling Room) |
| Thursday | Ch.#14 Personal Care Sec.#4 Sleep and Feeling Fit. Read, Notes, and Discussion as a class.HW: 14-4 NTG Schoology | Warm UpFloor Hockey UnitReview and Continue Game Play. | Warm up Class made Individualized Workouts (Weight Room) |
| Friday | Ch.#14 Personal Care Assessment.HW: Ch.#14 Test on Schoology | Warm UpFloor Hockey UnitReview and Continue Game Play. | Cardio DayClass Lead Jump Rope Cardio workout in wrestling room. |