Luke Giese

Lesson Plans

Week of 11-2-20

|  |  |  |  |
| --- | --- | --- | --- |
| Day | 7th Grade Health/Physical Education | 6th Grade Physical Education | Personal Fitness |
| Monday | Ch.#12 Exercise and Lifelong Fitness Sec.#1 Importance of Physical Activity. Read, Notes, and Discussion as a class.HW: 13-1 NTG Schoology | Warm UpSoccer UnitContinue Game Play (Outside if possible) of 4 Corner Soccer | Warm up Cardio Day1 Mile Walk/JogCool DownSpike Ball |
| Tuesday | Ch.#12 Exercise and Lifelong Fitness Sec.#2 Setting Goals For Lifelong Fitness. Read, Notes, and Discussion as a class.HW: 13-2 NTG Schoology | Warm UpSoccer UnitContinue Game Play (Outside if possible) of 4 Corner Soccer | PLT4MWeight TrainingLegs Day (Squat, Lunges, Calf Raises) |
| Wednesday | Ch.#12 Exercise and Lifelong Fitness Sec.#3 Physical Activity and Safety. Read, Notes, and Discussion as a class.HW: 13-3 NTG Schoology | Warm UpSoccer UnitContinue Game Play (Outside if possible) of 4 Corner Soccer | PLT4MWarm UpPF Fall WorkoutArms/Shoulders |
| Thursday | Ch.#12 Exercise and Lifelong Fitness chapter review.HW: Class Assignment/Study Guide | Warm UpSoccer UnitContinue Game Play (Outside if possible) of 4 Corner Soccer | PLT4MCardio DayWarm UpTrack 20 Min. Run/Walk |
| Friday | Ch.#12 Exercise and Lifelong Fitness AssessmentHW: Ch.#13 Test | Warm UpSoccer UnitContinue Game Play (Outside if possible) of 4 Corner Soccer | Importance of Nutrition in the physical activity setting class discussion. |