Luke Giese

Lesson Plans

Week of 11-2-20

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| 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 Up  Soccer Unit  Continue Game Play (Outside if possible) of 4 Corner Soccer | Warm up  Cardio Day  1 Mile Walk/Jog  Cool Down  Spike 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 Up  Soccer Unit  Continue Game Play (Outside if possible) of 4 Corner Soccer | PLT4M  Weight Training  Legs 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 Up  Soccer Unit  Continue Game Play (Outside if possible) of 4 Corner Soccer | PLT4M  Warm Up  PF Fall Workout  Arms/Shoulders |
| Thursday | Ch.#12 Exercise and Lifelong Fitness chapter review.  HW: Class Assignment/Study Guide | Warm Up  Soccer Unit  Continue Game Play (Outside if possible) of 4 Corner Soccer | PLT4M  Cardio Day  Warm Up  Track 20 Min. Run/Walk |
| Friday | Ch.#12 Exercise and Lifelong Fitness Assessment  HW: Ch.#13 Test | Warm Up  Soccer Unit  Continue Game Play (Outside if possible) of 4 Corner Soccer | Importance of Nutrition in the physical activity setting class discussion. |