Luke Giese

Lesson Plans

Week of 11-23-20

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| Day | 7th Grade Health/Physical Education | 6th Grade Physical Education | Personal Fitness |
| Monday | Inside Out Disney Movie: Emotions and how we handle them. Discussion and review when movie is finished. | Warm Up  Mat Ball | Warm up  Class made Individualized Workouts (Weight Room) |
| Tuesday | Inside Out Disney Movie: Emotions and how we handle them. Discussion and review when movie is finished. | Warm Up  Mat Ball | Warm up  Class made Individualized Workouts (Weight Room) |
| Wednesday | No School | No School | No School |
| Thursday | No School | No School | No School |
| Friday | No School | No School | No School |