Luke Giese

Lesson Plans

Week of 11-9-20

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| Day | 7th Grade Health/Physical Education | 6th Grade Physical Education | Personal Fitness |
| Monday | Warm UpIntro to Floor HockeyPassing, Puck Handling, Shooting the ball/puck.Play Floor Hockey | Warm UpIntro to Floor HockeyPassing, Puck Handling, Shooting the ball/puck.Play Floor Hockey | Classroom DayStudents will work together toward making their own weight training program utilizing their books, prior knowledge, and PLT4M. |
| Tuesday | Warm UpFloor HockeyPassing, Puck Handling, Shooting the ball/puck.Play Floor Hockey | Warm UpIntro to Floor HockeyPassing, Puck Handling, Shooting the ball/puck.Play Floor Hockey | Classroom DayStudents will work together toward making their own weight training program utilizing their books, prior knowledge, and PLT4M. |
| Wednesday | Warm UpFloor HockeyPassing, Puck Handling, Shooting the ball/puck.Play Floor Hockey | Warm UpIntro to Floor HockeyPassing, Puck Handling, Shooting the ball/puck.Play Floor Hockey | Warm UpStudent Workouts |
| Thursday | Warm UpFloor HockeyPassing, Puck Handling, Shooting the ball/puck.Play Floor Hockey | P.E.Warm Up4 Corner SoccerPassing, Dribbling, Shooting the ball.Play 4 Corner Soccer | Warm Up Student Workouts |
| Friday | Warm UpFloor HockeyPassing, Puck Handling, Shooting the ball/puck.Play Floor Hockey | P.E.Warm Up4 Corner SoccerPassing, Dribbling, Shooting the ball.Play 4 Corner Soccer | Warm UpCardio/Cross Training Day in Wrestling Room |