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 Up  Intro to Floor Hockey  Passing, Puck Handling, Shooting the ball/puck.  Play Floor Hockey | Warm Up  Intro to Floor Hockey  Passing, Puck Handling, Shooting the ball/puck.  Play Floor Hockey | Classroom Day  Students will work together toward making their own weight training program utilizing their books, prior knowledge, and PLT4M. |
| Tuesday | Warm Up  Floor Hockey  Passing, Puck Handling, Shooting the ball/puck.  Play Floor Hockey | Warm Up  Intro to Floor Hockey  Passing, Puck Handling, Shooting the ball/puck.  Play Floor Hockey | Classroom Day  Students will work together toward making their own weight training program utilizing their books, prior knowledge, and PLT4M. |
| Wednesday | Warm Up  Floor Hockey  Passing, Puck Handling, Shooting the ball/puck.  Play Floor Hockey | Warm Up  Intro to Floor Hockey  Passing, Puck Handling, Shooting the ball/puck.  Play Floor Hockey | Warm Up  Student Workouts |
| Thursday | Warm Up  Floor Hockey  Passing, Puck Handling, Shooting the ball/puck.  Play Floor Hockey | P.E.  Warm Up  4 Corner Soccer  Passing, Dribbling, Shooting the ball.  Play 4 Corner Soccer | Warm Up  Student Workouts |
| Friday | Warm Up  Floor Hockey  Passing, Puck Handling, Shooting the ball/puck.  Play Floor Hockey | P.E.  Warm Up  4 Corner Soccer  Passing, Dribbling, Shooting the ball.  Play 4 Corner Soccer | Warm Up  Cardio/Cross Training Day in Wrestling Room |