Luke Giese

Lesson Plans

Week of 12-14-20

|  |  |  |  |
| --- | --- | --- | --- |
| Day | 7th Grade Health/Physical Education | 6th Grade Physical Education | Personal Fitness |
| Monday | Warm UpIntro to Pin GuardThrowing/Catching Skills, Accuracy assessmentIntroduce rules, then game play. | Warm UpIntro to Pin GuardThrowing/Catching Skills, Accuracy assessmentIntroduce rules, then game play. | Warm UpIndividualized Group workouts students made. (Chest and Arm Day) |
| Tuesday | Warm UpPin GuardThrowing/Catching Skills, Accuracy assessmentReview rules, then game play. | Warm UpIntro to Pin GuardThrowing/Catching Skills, Accuracy assessmentIntroduce rules, then game play. | Classroom DayStudents will work together toward reviewing for the final exam. |
| Wednesday | Warm UpPin GuardThrowing/Catching Skills, Accuracy assessmentReview rules, then game play. | Warm UpIntro to Pin GuardThrowing/Catching Skills, Accuracy assessmentIntroduce rules, then game play. | Warm UpIndividualized Group workouts students made. (Leg Day) |
| Thursday | Warm UpPin GuardThrowing/Catching Skills, Accuracy assessmentReview rules, then game play. | Warm UpPin GuardThrowing/Catching Skills, Accuracy assessmentReview rules, then game play. | Final exam study session in weight room review. |
| Friday | Warm UpPin GuardThrowing/Catching Skills, Accuracy assessmentReview rules, then game play. | Warm UpPin GuardThrowing/Catching Skills, Accuracy assessmentReview rules, then game play. | Warm UpCardio/Cross Training Day in Wrestling Room |