Luke Giese

Lesson Plans

Week of 12-14-20

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| Day | 7th Grade Health/Physical Education | 6th Grade Physical Education | Personal Fitness |
| Monday | Warm Up  Intro to Pin Guard  Throwing/Catching Skills, Accuracy assessment  Introduce rules, then game play. | Warm Up  Intro to Pin Guard  Throwing/Catching Skills, Accuracy assessment  Introduce rules, then game play. | Warm Up  Individualized Group workouts students made. (Chest and Arm Day) |
| Tuesday | Warm Up  Pin Guard  Throwing/Catching Skills, Accuracy assessment  Review rules, then game play. | Warm Up  Intro to Pin Guard  Throwing/Catching Skills, Accuracy assessment  Introduce rules, then game play. | Classroom Day  Students will work together toward reviewing for the final exam. |
| Wednesday | Warm Up  Pin Guard  Throwing/Catching Skills, Accuracy assessment  Review rules, then game play. | Warm Up  Intro to Pin Guard  Throwing/Catching Skills, Accuracy assessment  Introduce rules, then game play. | Warm Up  Individualized Group workouts students made. (Leg Day) |
| Thursday | Warm Up  Pin Guard  Throwing/Catching Skills, Accuracy assessment  Review rules, then game play. | Warm Up  Pin Guard  Throwing/Catching Skills, Accuracy assessment  Review rules, then game play. | Final exam study session in weight room review. |
| Friday | Warm Up  Pin Guard  Throwing/Catching Skills, Accuracy assessment  Review rules, then game play. | Warm Up  Pin Guard  Throwing/Catching Skills, Accuracy assessment  Review rules, then game play. | Warm Up  Cardio/Cross Training Day in Wrestling Room |