Luke Giese

Lesson Plans

Week of 2-22-21

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| Day | 7th Grade Health/Physical Education | 6th Grade Physical Education | Personal Fitness |
| Monday | Warm Up  Introduction to Bat Ball. Rules, Concepts, and Skills.  Play Bat Ball | Warm Up  Review of Bat Ball. Rules, Concepts, and Skills.  Play Bat Ball | Warm up  Class made Workout Day#1 |
| Tuesday | Warm Up  Review of Bat Ball. Rules, Concepts, and Skills.  Play Bat Ball | Warm Up  Review of Bat Ball. Rules, Concepts, and Skills.  Play Bat Ball | Warm up  Mastering Mobility in Wrestling Room |
| Wednesday | Warm Up  Review of Bat Ball. Rules, Concepts, and Skills.  Play Bat Ball | Warm Up  Review of Bat Ball. Rules, Concepts, and Skills.  Play Bat Ball | Warm up  Class made Workout Day#2 |
| Thursday | Warm Up  Review of Bat Ball. Rules, Concepts, and Skills.  Play Bat Ball | Warm Up  Review of Bat Ball. Rules, Concepts, and Skills.  Play Bat Ball | Warm up  Class made Workout Day#3 |
| Friday | Warm Up  Review of Bat Ball. Rules, Concepts, and Skills.  Play Bat Ball | Warm Up  Review of Bat Ball. Rules, Concepts, and Skills.  Play Bat Ball | Warm Up HIIT Workout in Wrestling Room |