Luke Giese

Lesson Plans

Week of 3-1-21

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| Day | 7th Grade Health/Physical Education | 6th Grade Physical Education | Personal Fitness |
| Monday | Make Up Day for Ch.#24 Safeguarding the Public and Online assignments. | Warm UpBat Ball. Rules recap, Concepts, and Skills.Play Bat Ball | Warm up Class made Workout Day#1 Weight Room  |
| Tuesday | Ch.#24 Safeguarding the Public Sec.#4 Global Public Health. Read, Notes, and Discussion as a class.HW: 24-4 NTG Schoology | Warm UpBat Ball. Rules recap, Concepts, and Skills.Play Bat Ball | Warm up HIIT WorkoutCool DownSpike Ball |
| Wednesday | Ch.#24 Safeguarding the Public chapter review.HW: Ch.#24 Review on Page 660 do questions (1-15) | Warm UpIntroduction BasketballDribbling and Ball Handling Skills. | Warm up Class made Workout Day#2 Weight Room  |
| Thursday | Ch.#24 Safeguarding the Public Kahoot and Test review | Warm UpIntroduction BasketballDribbling and Ball Handling Skills. | Warm up Class made Workout Day#3 Weight Room  |
| Friday | Ch.#24 Safeguarding the Public Test  | Warm UpIntroduction BasketballDribbling and Ball Handling Skills. | Class made HIIT workout with equipment in the wrestling room, Spike Ball with remaining class time.  |