Luke Giese

Lesson Plans

Week of 3-21-21

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| Day | 7th Grade Health/Physical Education | 6th Grade Physical Education | Personal Fitness |
| Monday | No School for students. | No School for students. | No School for students. |
| Tuesday | Warm Up  Review of Basketball Skills. Introduce Skills component games: Hot Spot and Musical Basketball. | Warm Up  Review of Basketball Skills. Introduce Skills component games: Hot Spot and Musical Basketball. | Warm up  Class made Workout Day#1 |
| Wednesday | Warm Up  Teacher choice fun day for students.  Cool Down | Warm Up  Review of Basketball Skills. Introduce Skills component games: Hot Spot and Musical Basketball. | Warm up  Class made Workout Day#2 |
| Thursday | Warm Up  Review of Basketball Skills. Introduce Skills component games: Hot Spot and Musical Basketball. | Warm Up  Review of Basketball Skills. Introduce Skills component games: Hot Spot and Musical Basketball. | Warm up  Class made Workout Day#3 |
| Friday | Warm Up  Review of Basketball Skills. Introduce Skills component games: Hot Spot and Musical Basketball. | Warm Up  Review of Basketball Skills. Introduce Skills component games: Hot Spot and Musical Basketball. | Warm Up HIIT Workout in Wrestling Room |