Luke Giese

Lesson Plans

Week of 3-28-21

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| Day | 7th Grade Health/Physical Education | 6th Grade Physical Education | Personal Fitness |
| Monday | Ch.#25 Healthy Community and Environment Sec.#4 Working for Community Health. Read, Notes, and Discussion as a class.  HW: 25-4 NTG Schoology | Warm Up  Basketball Unit  Game Play and Skill Strengthening. | Warm up  Class made Workout Day#1 Weight Room |
| Tuesday | Ch.#25 Healthy Community and Environment Sec.#1-4 Review on page 690 (1-16)  HW: 1-16 Review on pg. 690 and missing work from Ch.#25 | Warm Up  Basketball Unit  Game Play and Skill Strengthening. | Warm up  HIIT Workout  Cool Down  Spike Ball |
| Wednesday | Ch.#25 Healthy Community and Environment Kahoot and Study Session for test Thursday. | Warm Up  Basketball Unit  Game Play and Skill Strengthening. | Warm up  Class made Workout Day#2 Weight Room |
| Thursday | Ch.#25 Healthy Community and Environment Test. | Warm Up  Basketball Unit  Game Play and Skill Strengthening. | Warm up  Class made Workout Day#3 Weight Room |
| Friday | No School | No School | No School |