Luke Giese

Lesson Plans

Week of 4-19-21

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| Day | 7th Grade Health/Physical Education | 6th Grade Physical Education | Personal Fitness |
| Monday | Warm UpExplain rules and concept of Big Base Kickball to students.Game Play | Warm UpExplain rules and concept of Big Base Kickball to students.Game Play | Warm up Class made Workout Day#1 |
| Tuesday | TESTING | Warm UpExplain rules and concept of Big Base Kickball to students.Game Play | Warm Up HIIT Workout in Wrestling Room |
| Wednesday | TESTING | Warm UpExplain rules and concept of Big Base Kickball to students.Game Play | Warm up Class made Workout Day#2 |
| Thursday | TESTING | Warm UpOutside if possible | Warm up Class made Workout Day#3 |
| Friday | TESTING | Warm UpOutside if possible | Warm Up Mastering Mobility Workout in Wrestling Room  |