Luke Giese

Lesson Plans

Week of 4-26-21

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| Day | 7th Grade Health/Physical Education | 6th Grade Physical Education | Personal Fitness |
| Monday | Warm Up  Introduction to Whiffle Ball. Rules, Concepts, and Skills.  Play Whiffle Ball | Warm Up  Introduction to Whiffle Ball. Rules, Concepts, and Skills.  Play Whiffle Ball | Warm up  Cardio Day  Track Timed Mile  Cool Down Stretching |
| Tuesday | Warm Up  Review of Whiffle Ball. Rules, Concepts, and Skills.  Play Whiffle Ball | Warm Up  Introduction to Whiffle Ball. Rules, Concepts, and Skills.  Play Whiffle Ball | Warm up  Cardio Day  Track 25 min Walk/Jog Interval Training  Cool Down Stretching |
| Wednesday | Warm Up  Review of Whiffle Ball. Rules, Concepts, and Skills.  Play Whiffle Ball | Warm Up  Introduction to Whiffle Ball. Rules, Concepts, and Skills.  Play Whiffle Ball | Warm up  Mastering Mobility on Football Field |
| Thursday | Warm Up  Review of Whiffle Ball. Rules, Concepts, and Skills.  Play Whiffle Ball | Warm Up  Review of Whiffle Ball. Rules, Concepts, and Skills.  Play Whiffle Ball | Outside discussion on the Aerobic and Anaerobic activity using the Fitness For Life Texts. |
| Friday | Warm Up  Review of Whiffle Ball. Rules, Concepts, and Skills.  Play Whiffle Ball | Warm Up  Review of Whiffle Ball. Rules, Concepts, and Skills.  Play Whiffle Ball | Warm Up HIIT Workout on Track using Muscular endurance and Cardiovascular Training. |