Luke Giese

Lesson Plans

Week of 4-26-21

|  |  |  |  |
| --- | --- | --- | --- |
| Day | 7th Grade Health/Physical Education | 6th Grade Physical Education | Personal Fitness |
| Monday | Warm UpIntroduction to Whiffle Ball. Rules, Concepts, and Skills.Play Whiffle Ball | Warm UpIntroduction to Whiffle Ball. Rules, Concepts, and Skills.Play Whiffle Ball | Warm up Cardio Day Track Timed MileCool Down Stretching |
| Tuesday | Warm UpReview of Whiffle Ball. Rules, Concepts, and Skills.Play Whiffle Ball | Warm UpIntroduction to Whiffle Ball. Rules, Concepts, and Skills.Play Whiffle Ball | Warm up Cardio Day Track 25 min Walk/Jog Interval TrainingCool Down Stretching |
| Wednesday | Warm UpReview of Whiffle Ball. Rules, Concepts, and Skills.Play Whiffle Ball | Warm UpIntroduction to Whiffle Ball. Rules, Concepts, and Skills.Play Whiffle Ball | Warm up Mastering Mobility on Football Field |
| Thursday | Warm UpReview of Whiffle Ball. Rules, Concepts, and Skills.Play Whiffle Ball | Warm UpReview 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 UpReview of Whiffle Ball. Rules, Concepts, and Skills.Play Whiffle Ball | Warm UpReview of Whiffle Ball. Rules, Concepts, and Skills.Play Whiffle Ball | Warm Up HIIT Workout on Track using Muscular endurance and Cardiovascular Training.  |