Luke Giese

Lesson Plans

Week of 8-17-20

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| Day | 7th Grade Health/Physical Education | 6th Grade Physical Education | Personal Fitness |
| Monday | NO SCHOOL | NO SCHOOL | NO SCHOOL |
| Tuesday | NO SCHOOL | NO SCHOOL | NO SCHOOL |
| Wednesday | Intro to Health/Physical Education. Guidelines and Expectations.  Hand out books. | Intro to Physical Education. Guidelines and Expectations.  Game | Intro to Personal Fitness, guidelines and expectations, weight room consent form and PF w.s. #1. |
| Thursday | Intro to Health/Physical Education. Guidelines and Expectations.  Tour P.E. facilities. | Intro to Physical Education. Guidelines and Expectations.  Game. | Intro to Personal Fitness, guidelines and expectations, weight room consent form and PF w.s. #1. Sign up for PLT4M |
| Friday | Health/Physical Education:  Outside for fitness testing and game. | Intro to Physical Education. Guidelines and Expectations.  Game | Personal Fitness:  PLT4M |