Luke Giese

Lesson Plans

Week of 8-24-20

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| Day | 7th Grade Health/Physical Education | 6th Grade Physical Education | Personal Fitness |
| Monday | Ch.#2 Personality, Self-Esteem, and Emotions. Sec.#1 Personality.Read, Notes, Class Discussion.HW: 2-1 NTG | Warm UpFitness TestingHeight and WeightActivity: Mat Ball | Intro to Fitness 101 PLT4M |
| Tuesday | Ch.#2 Personality, Self-Esteem, and Emotions. Sec.#2 Self-Esteem.Read, Notes, Class Discussion.HW: 2-2 NTG | Warm UpFitness TestingHeight and WeightActivity: Mat Ball | Fit201 Lesson 4PLT4M |
| Wednesday | Ch.#2 Personality, Self-Esteem, and Emotions. Sec.#3 Expressing Your Emotions.Read, Notes, Class Discussion.HW: 2-3 NTG | Warm UpFitness TestingHeight and WeightActivity: Mat Ball | Fit201 Lesson 5PLT4M |
| Thursday | Ch.#2 Personality, Self-Esteem, and Emotions. Chapter Review for test.Work on missing assignments.HW: Chapter Review | Warm UpFitness TestingPush Ups/Sit UpsActivity: Mat Ball | Fit201 Lesson 6PLT4M |
| Friday | Ch.#2 Personality, Self-Esteem, and Emotions. TestHW:  | Warm UpFitness TestingPush Ups/Sit UpsActivity: Mat Ball | Personal Fitness:PLT4MMax Testing |