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 Up  Fitness Testing  Height and Weight  Activity: 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 Up  Fitness Testing  Height and Weight  Activity: Mat Ball | Fit201 Lesson 4  PLT4M |
| Wednesday | Ch.#2 Personality, Self-Esteem, and Emotions. Sec.#3 Expressing Your Emotions.  Read, Notes, Class Discussion.  HW: 2-3 NTG | Warm Up  Fitness Testing  Height and Weight  Activity: Mat Ball | Fit201 Lesson 5  PLT4M |
| Thursday | Ch.#2 Personality, Self-Esteem, and Emotions. Chapter Review for test.  Work on missing assignments.  HW: Chapter Review | Warm Up  Fitness Testing  Push Ups/Sit Ups  Activity: Mat Ball | Fit201 Lesson 6  PLT4M |
| Friday | Ch.#2 Personality, Self-Esteem, and Emotions. Test  HW: | Warm Up  Fitness Testing  Push Ups/Sit Ups  Activity: Mat Ball | Personal Fitness:  PLT4M  Max Testing |