Luke Giese

Lesson Plans

Week of 8-31-20

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| Day | 7th Grade Health/Physical Education | 6th Grade Physical Education | Personal Fitness |
| Monday | Warm Up  Heights and Weights  Fitness Testing  Mat Ball | Warm Up  Fitness Testing  Push Ups/Sit Ups  Flexibility | PLT4M  Max Testing Days for PLT4M app. Set Up For Individualized Programs. |
| Tuesday | Warm Up  Heights and Weights  Fitness Testing Push Ups  Track | Warm Up  Fitness Testing  Push Ups/Sit Ups  Flexibility | PLT4M  Max Testing Days for PLT4M app. Set Up For Individualized Programs. |
| Wednesday | Warm Up  Heights and Weights  Fitness Testing Sit Ups  Mat Ball | Warm Up  Fitness Testing  Push Ups/Sit Ups  Flexibility | Cardio Training Day  Warm Up  Track for a 1 mile run/walk  Cool Down |
| Thursday | Warm Up  Heights and Weights  Fitness Testing Mile Run/Walk And Flexibility  Track | Warm Up  Fitness Testing  Push Ups/Sit Ups  Flexibility | PLT4M  Max Testing Days for PLT4M app. Set Up For Individualized Programs. |
| Friday | Health/Physical Education:  No School | No School | Personal Fitness:  No School |