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 UpHeights and WeightsFitness TestingMat Ball | Warm UpFitness TestingPush Ups/Sit UpsFlexibility  | PLT4MMax Testing Days for PLT4M app. Set Up For Individualized Programs. |
| Tuesday | Warm UpHeights and WeightsFitness Testing Push UpsTrack | Warm UpFitness TestingPush Ups/Sit UpsFlexibility | PLT4MMax Testing Days for PLT4M app. Set Up For Individualized Programs. |
| Wednesday | Warm UpHeights and Weights Fitness Testing Sit UpsMat Ball | Warm UpFitness TestingPush Ups/Sit UpsFlexibility | Cardio Training DayWarm UpTrack for a 1 mile run/walk Cool Down |
| Thursday | Warm UpHeights and WeightsFitness Testing Mile Run/Walk And Flexibility Track | Warm UpFitness TestingPush Ups/Sit UpsFlexibility | PLT4MMax Testing Days for PLT4M app. Set Up For Individualized Programs. |
| Friday | Health/Physical Education:No School  | No School | Personal Fitness:No School |