Luke Giese

Lesson Plans

Week of 9-14-20

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| Day | 7th Grade Health/Physical Education | 6th Grade Physical Education | Personal Fitness |
| Monday | Warm UpFitness TestingPull UpsMat Ball | Warm UpFitness Testing FlexibilityUltimate Football Outside | PLT4MWarm UpPF Fall Workout |
| Tuesday | Warm UpFitness Testing FlexibilityUltimate Football Outside | Warm UpFitness Testing FlexibilityUltimate Football Outside | PLT4MCardio DayWarm UpTrack Mile Run/Walk |
| Wednesday | Warm UpFitness Testing FlexibilityUltimate Football Outside | Warm UpFitness Testing FlexibilityUltimate Football Outside | PLT4MWarm UpPF Fall Workout |
| Thursday | Warm UpFitness Testing Make UpsUltimate Football Outside | Warm UpFitness Testing FlexibilityUltimate Football Outside | PLT4MCardio DayWarm UpTrack 20 Min. Run/Walk |
| Friday | Health/Physical Education:Warm UpFunday Homecoming | Warm Up FundayHomecoming | Personal Fitness:Homecoming |