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 Up  Fitness Testing  Pull Ups  Mat Ball | Warm Up  Fitness Testing  Flexibility  Ultimate Football Outside | PLT4M  Warm Up  PF Fall Workout |
| Tuesday | Warm Up  Fitness Testing  Flexibility  Ultimate Football Outside | Warm Up  Fitness Testing  Flexibility  Ultimate Football Outside | PLT4M  Cardio Day  Warm Up  Track Mile Run/Walk |
| Wednesday | Warm Up  Fitness Testing  Flexibility  Ultimate Football Outside | Warm Up  Fitness Testing  Flexibility  Ultimate Football Outside | PLT4M  Warm Up  PF Fall Workout |
| Thursday | Warm Up  Fitness Testing Make Ups  Ultimate Football Outside | Warm Up  Fitness Testing  Flexibility  Ultimate Football Outside | PLT4M  Cardio Day  Warm Up  Track 20 Min. Run/Walk |
| Friday | Health/Physical Education:  Warm Up  Funday Homecoming | Warm Up  Funday  Homecoming | Personal Fitness:  Homecoming |