Luke Giese

Lesson Plans

Week of 9-21-20

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| Day | 7th Grade Health/Physical Education | 6th Grade Physical Education | Personal Fitness |
| Monday | Ch.#4 Mental Disorders and Suicide Sec.#1 Mental Disorders. Read, Notes, and Discussion as a class.HW: 4-1 NTG Schoology | Warm UpUltimate Football Outside | PLT4MWarm UpPF Fall Workout Dead Lift Day |
| Tuesday | Ch.#4 Mental Disorders and Suicide Sec.#2 Eating Disorders. Read, Notes, and Discussion as a class.HW: 4-2 NTG Schoology | Warm UpUltimate Football Outside | PLT4MCardio DayWarm UpTrack Mile Run/Walk |
| Wednesday | Ch.#4 Mental Disorders and Suicide Sec.#3 Depression and Suicide. Read, Notes, and Discussion as a class.HW: 4-3 NTG Schoology | Warm UpUltimate Football Outside | PLT4MWarm UpPF Fall WorkoutArms/Shoulders |
| Thursday | Ch.#4 Mental Disorders and Suicide Sec.#4 Treating Mental Disorders. Read, Notes, and Discussion as a class.HW: 4-4 NTG Schoology | Warm UpUltimate Football Outside | PLT4MCardio DayWarm UpTrack 20 Min. Run/Walk |
| Friday | Ch.#4 Mental Disorders and Suicide TestHW: | Warm Up Ultimate FootballOutside | Personal Fitness:Warm Up PF Fall WorkoutSquat Day |