Luke Giese

Lesson Plans

Week of 9-28-20

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| Day | 7th Grade Health/Physical Education | 6th Grade Physical Education | Personal Fitness |
| Monday | Warm UpTimed ½ Mile Game | Warm UpIntro to Frisbee (Throwing, Catching, Ultimate)Ultimate Frisbee Outside | Answer questions pertaining to last week, figure out glitches in PLT4M if students had any.PLT4MWarm UpPF Fall Workout |
| Tuesday | Warm UpIntro to Frisbee (Throwing, Catching, Ultimate)Ultimate Frisbee Outside | Warm UpIntro to Frisbee (Throwing, Catching, Ultimate)Ultimate Frisbee Outside | PLT4MCardio DayWarm UpTrack Mile Run/Walk |
| Wednesday | Warm UpUltimate Frisbee recap (Throwing, Catching, Ultimate)Ultimate Frisbee Outside | Warm UpIntro to Frisbee (Throwing, Catching, Ultimate)Ultimate Frisbee Outside | PLT4MWarm UpPF Fall Workout |
| Thursday | Warm UpUltimate Frisbee recap (Throwing, Catching, Ultimate)Ultimate Frisbee Outside | Warm UpUltimate Frisbee recap (Throwing, Catching, Ultimate)Ultimate Frisbee Outside | PLT4MCardio DayWarm UpTrack 20 Min. Run/Walk |
| Friday | Warm UpUltimate Frisbee recap (Throwing, Catching, Ultimate)Ultimate Frisbee Outside | Warm UpUltimate Frisbee recap (Throwing, Catching, Ultimate)Ultimate Frisbee Outside | Personal Fitness:Homecoming |