Luke Giese

Lesson Plans

Week of 9-28-20

|  |  |  |  |
| --- | --- | --- | --- |
| Day | 7th Grade Health/Physical Education | 6th Grade Physical Education | Personal Fitness |
| Monday | Warm Up  Timed ½ Mile  Game | Warm Up  Intro to Frisbee (Throwing, Catching, Ultimate)  Ultimate Frisbee Outside | Answer questions pertaining to last week, figure out glitches in PLT4M if students had any.  PLT4M  Warm Up  PF Fall Workout |
| Tuesday | Warm Up  Intro to Frisbee (Throwing, Catching, Ultimate)  Ultimate Frisbee Outside | Warm Up  Intro to Frisbee (Throwing, Catching, Ultimate)  Ultimate Frisbee Outside | PLT4M  Cardio Day  Warm Up  Track Mile Run/Walk |
| Wednesday | Warm Up  Ultimate Frisbee recap (Throwing, Catching, Ultimate)  Ultimate Frisbee Outside | Warm Up  Intro to Frisbee (Throwing, Catching, Ultimate)  Ultimate Frisbee Outside | PLT4M  Warm Up  PF Fall Workout |
| Thursday | Warm Up  Ultimate Frisbee recap (Throwing, Catching, Ultimate)  Ultimate Frisbee Outside | Warm Up  Ultimate Frisbee recap (Throwing, Catching, Ultimate)  Ultimate Frisbee Outside | PLT4M  Cardio Day  Warm Up  Track 20 Min. Run/Walk |
| Friday | Warm Up  Ultimate Frisbee recap (Throwing, Catching, Ultimate)  Ultimate Frisbee Outside | Warm Up  Ultimate Frisbee recap (Throwing, Catching, Ultimate)  Ultimate Frisbee Outside | Personal Fitness:  Homecoming |