Luke Giese

Lesson Plans

Week of 9-7-20

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| Day | 7th Grade Health/Physical Education | 6th Grade Physical Education | Personal Fitness |
| Monday | NO SCHOOL | NO SCHOOL | NO SCHOOL |
| Tuesday | Health  Ch.#3 Sec.#1What Causes Stress.  Reading, Notes, and Discussion.  HW: 3-1 NTG | Fitness Testing  Students will participate in a game while/after students finish fitness testing. | Warm Up  PLT4M  Students will do their individualized weight training programs through the PLT4M app. |
| Wednesday | Health  Ch.#3 Sec.#2 How Stress Affects Your Body. Sec.#3 Stress and Individuals  Reading, Notes, and Discussion.  HW: 3-2 NTG 3-3 NTG | Fitness Testing  Students will participate in a game while/after students finish fitness testing. | Warm Up  PLT4M  Students will do their individualized weight training programs through the PLT4M app. |
| Thursday | Health  Ch.#3 Sec.#4Coping With Stress. Reading, Notes, and Discussion.  Review for Test.  HW: 3-3 NTG/Study Guide | Fitness Testing  Students will participate in a game while/after students finish fitness testing. | Warm Up  PLT4M  Students will do their individualized weight training programs through the PLT4M app. |
| Friday | Health  Ch.#3 Managing Stress Test. | Fitness Testing  Students will participate in a game while/after students finish fitness testing. | Warm Up  PLT4M  Students will do their individualized weight training programs through the PLT4M app. |