Mark Harming
Lesson Plans

Week of: April 16th, 2012

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|  | **7th PE/Health** | **8th PE/Health** | **AR** | **Personal Fitness** |
| **Monday** | Health-Chapter 23 Lesson 1 Note Taking Guides | Health-Chapter 23 Lesson 1 Note Taking Guides | Teen Biz- students will log in to Teen Biz and do today’s assignment. | Weigh In – Students will weigh in at the start of class.Fitness Testing –-Max Bench PressCore Work –Mr. Harming’s Pilates workout. |
| **Tuesday** | PE –Physical Fitness workouts | PE –Physical Fitness workouts | Group Reading – students will listen to the book “House of Sand ” .Indiv. Reading – students will read their own AR books and take AR tests. | Fitness Workout –Students will work on personalized fitness plans with help from the instructor. |
| **Wednesday** | Health-Chapter 23 Lesson 2 Note Taking Guides | Health-Chapter 23 Lesson 2 Note Taking Guides | Teen Biz- students will log in to Teen Biz and do today’s assignment. | Classroom –Assignment 11 |
| **Thursday** | PE –Physical Fitness Workouts | PE –Physical Fitness Workouts | Study Hall –Students will work on homework or read AR books. | Fitness Workout –Students will work on personalized fitness plans with help from the instructor. |
| **Friday** | Study Hall/PE-all students missing assignments will have study hall. Other students will have PE. | Study Hall/PE-all students missing assignments will have study hall. Other students will have PE. | Group Reading – students will listen to the book “House of Sand”.Indiv. Reading – students will read their own AR books and take AR tests. | Game Day –  |