Mark Harming  
Lesson Plans

Week of: August 29th, 2011

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|  | **7th PE/Health** | **8th PE/Health** | **AR** | **Personal Fitness** |
| **Monday** | Health-  Students will learn how to log in to laptops and log in to edmodo. | Health-  Students will learn how to log in to laptops and log in to edmodo. | 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 –  Students will run the mile.  Core Work –  Sit-ups… multiple types. |
| **Tuesday** | PE –  Students will record height and weight. Students will begin practice for the physical fitness test. | PE –  Students will record height and weight. Students will begin practice for the physical fitness test. | Group Reading – students will listen to the book “ Born to Rock”.  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-  Students will log in to edmodo and answer the day’s thought question.  Students will learn about Target Heart Rate | Health-  Students will log in to edmodo and answer the day’s thought question.  Students will learn about Target Heart Rate | Teen Biz- students will log in to Teen Biz and do today’s assignment. | Classroom –  Introduction – students will log into edmodo.com, and do the “practice” activities. |
| **Thursday** | PE –  President’s Physical Fitness Challenge Practice – may use heart rate monitors. | PE –  President’s Physical Fitness Challenge Practice – may use heart rate monitors. | 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 “ Born to Rock”.  Indiv. Reading – students will read their own AR books and take AR tests. | Game Day –  Flag football outside. |