Mark Harming
Lesson Plans

Week of: December 19th, 2011

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|  | **7th PE/Health** | **8th PE/Health** | **AR** | **Personal Fitness** |
| **Monday** | Health-Finish Watching “Supersize Me” video and class discussion | Health-Finish Watching “Supersize Me” video and class discussion | 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 –Core Work – |
| **Tuesday** | PE –Holiday Games – students choice | PE –Holiday Games – students choice | Group Reading – students will listen to the book “Chasing Amanda ” .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 use laptops to go online and look up new and different nutrition sites. | Health-Students will use laptops to go online and look up new and different nutrition sites. | Teen Biz- students will log in to Teen Biz and do today’s assignment. | No class –Semester Tests |
| **Thursday** | PE –Holiday Games – Student’s choice | PE –Holiday Games – Student’s choice | Study Hall –Students will work on homework or read AR books. | Semester Test |
| **Friday** | No School |  |  |  |