Mark Harming  
Lesson Plans

Week of: February 13th, 2012

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|  | **7th PE/Health** | **8th PE/Health** | **AR** | **Personal Fitness** |
| **Monday** | Health-  Turn in Chapter 21 Section 1 Outlines. Chapter 21 Section 2 Critical thinking questions on edmodo. | Health-  Turn in Chapter 21 Section 1 Outlines. Chapter 21 Section 2 Critical thinking questions on 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 –  Leg Press  Core Work –  Pilates workout |
| **Tuesday** | PE –  Physical Fitness – Students will continue to participate in physical fitness activities in the gym. | PE –  Physical Fitness – Students will continue to participate in physical fitness activities in the gym. | Group Reading – students will listen to the book “Brutal ” .  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 21 Section 3. Students will read and discuss Chapter 21 Section 3. | Health-  Chapter 21 Section 3. Students will read and discuss Chapter 21 Section 3. | Teen Biz- students will log in to Teen Biz and do today’s assignment. | Classroom –  Assignment 5. Students will work on their assignments and discussion board assignment. |
| **Thursday** | PE –  Physical Fitness – Students will continue to participate in physical fitness activities in the gym. | PE –  Physical Fitness – Students will continue to participate in physical fitness activities in the gym. | 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** | No school |  |  |  |