Mark Harming  
Lesson Plans

Week of: February 27th, 2012

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|  | **7th PE/Health** | **8th PE/Health** | **AR** | **Personal Fitness** |
| **Monday** | Health-  Chapter 21 Sections 1 and 2 open book quiz. Class Discussion over Section 3. | Health-  Chapter 21 Sections 1 and 2 open book quiz. Class Discussion over Section 3. | 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 –  -Maximum bench press  Core Work –  partners |
| **Tuesday** | PE –  Introduction to Pickle ball. Class will be introduced to the rules and regs of pickle ball, and will practice playing. | PE –  Introduction to Pickle ball. Class will be introduced to the rules and regs of pickle ball, and will practice playing. | 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 Test Review – Students will fill out Study Guide…then take online “practice test”. | Health-  Chapter 21 Test Review – Students will fill out Study Guide…then take online “practice test”. | Teen Biz- students will log in to Teen Biz and do today’s assignment. | Classroom –  Assignment 7. |
| **Thursday** | PE –  Pickle Ball – students will be broken into leagues and play pickle ball | PE –  Pickle Ball – students will be broken into leagues and play pickle ball | 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 “Brutal”.  Indiv. Reading – students will read their own AR books and take AR tests. | Game Day –  Board Games or Wii Fit games. |