Mark Harming
Lesson Plans

Week of: February 6th, 2012

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  | **7th PE/Health** | **8th PE/Health** | **AR** | **Personal Fitness** |
| **Monday** | Health-Mid-term Review. Meet with each student and go over current scores. | Health-Mid-term Review. Meet with each student and go over current scores. | 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 –-Pull –ups Overhand and UnderhandCore Work –2 minute situps |
| **Tuesday** | PE –Physical Fitness – Stations… students will complete physical fitness workouts at different stations. | PE –Physical Fitness – Stations… students will complete physical fitness workouts at different stations. | 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-Start Chapter 21 “Infectious Diseases” | Health-Start Chapter 21 “Infectious Diseases” | Teen Biz- students will log in to Teen Biz and do today’s assignment. | Classroom –First Test. Test over the first four assignment. |
| **Thursday** | PE –Physical Fitness with HRM’s. – Students will wear HRM’s to measure their fitness levels. | PE –Physical Fitness with HRM’s. – Students will wear HRM’s to measure their fitness levels. | 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 –  |