Mark Harming
Lesson Plans

Week of: January 23rd

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|  | **7th PE/Health** | **8th PE/Health** | **AR** | **Personal Fitness** |
| **Monday** | Health-Chapter 10 Section 2 Reading and Discussion. | Health-Chapter 10 Section 2 Reading and 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 –Maximum Bench Press.Core Work –Pilates Core Work |
| **Tuesday** | PE –Table Tennis – round robin. We will break into groups and play a round robin. | PE –Table Tennis – round robin. We will break into groups and play a round robin. | 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 10 Section 3 Edmodo assignment. | Health-Chapter 10 Section 3 Edmodo assignment. | Teen Biz- students will log in to Teen Biz and do today’s assignment. | Classroom –-Assignment 3 and Discussion Question. |
| **Thursday** | PE –Table Tennis – round robin. We will break into groups and play a round robin. | PE –Table Tennis – round robin. We will break into groups and play a round robin. | 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 – Sledding outside! If the weather is cooperative. |