Mark Harming  
Lesson Plans

Week of: January 30th, 2012

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|  | **7th PE/Health** | **8th PE/Health** | **AR** | **Personal Fitness** |
| **Monday** | Health-  Chapter 10 Test Review – students will complete study guides, review with a partner, and take online practice test. | Health-  Chapter 10 Test Review – students will complete study guides, review with a partner, and take online practice test. | 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 –  -Jump Rope-  Core Work –  -Plank, side plank, bridge, supermans |
| **Tuesday** | PE –  Table Tennis – Round Robin Table Tennis action will continue. | PE –  Table Tennis – Round Robin Table Tennis action will continue. | 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 Test – Students will take the Chapter 10 Test. | Health-  Chapter 10 Test – Students will take the Chapter 10 Test. | Teen Biz- students will log in to Teen Biz and do today’s assignment. | Classroom –  Assignment 4 – Students will complete assignment 4 and discussion question. |
| **Thursday** | PE –  Table Tennis – Round Robin Table Tennis action will continue. | PE –  Table Tennis – Round Robin Table Tennis action will continue. | 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! - students can bring in and play board games. |