Mark Harming  
Lesson Plans

Week of: January 3rd

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|  | **7th PE/Health** | **8th PE/Health** | **AR** | **Personal Fitness** |
| **Monday** | No school |  |  |  |
| **Tuesday** | No Class Teacher Work Day |  |  |  |
| **Wednesday** | Health-  Intro to Chapter 9 – Making Healthy Food Choices | Health-  Intro to Chapter 9 – Making Healthy Food Choices | Teen Biz- students will log in to Teen Biz and do today’s assignment. | Class Introduction  -Go over class rules, procedures, policies, and schedule. |
| **Thursday** | PE –  Fitness Workouts –welcome back to PE | PE –  Fitness Workouts –welcome back to PE | Study Hall –  Students will work on homework or read AR books. | Baseline Data  -Height/Weight Check  -Body Mass Index |
| **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 “ Born to Rock”.  Indiv. Reading – students will read their own AR books and take AR tests. | Game Day –  Relay Races in the Weight Room |