Mark Harming
Lesson Plans

Week of: January 9th, 2011

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|  | **7th PE/Health** | **8th PE/Health** | **AR** | **Personal Fitness** |
| **Monday** | Health-Chapter 9 Section 2. Note Taking Guides. | Health-Chapter 9 Section 2. Note Taking Guides. | 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 –Table Tennis? – if tables are ready. If not, we will have fitness workouts. | PE –Table Tennis? – if tables are ready. If not, we will have fitness workouts. | 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 9 Section 3. Notes. | Health-Chapter 9 Section 3. Notes. | Teen Biz- students will log in to Teen Biz and do today’s assignment. | Classroom –Introduction to Edmodo.Assignment One and Discussion one. |
| **Thursday** | PE –Table Tennis or Physical Fitness. | PE –Table Tennis or Physical Fitness. | 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 – -PE game in the wrestling room. |