Mark Harming
Lesson Plans

Week of: March 19th, 2012

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|  | **7th PE/Health** | **8th PE/Health** | **AR** | **Personal Fitness** |
| **Monday** | Health-Chapter 22 – Group projects for periods 1,2,3.Period 7 – Note Taking Guide. | Health-Chapter 22 – Group projects for periods 1,2,3.Period 7 – Note Taking Guide. | 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 –Push-ups – Diamond, Wide Arm, NormalCore Work – |
| **Tuesday** | PE –Physical Fitness | PE –Physical Fitness | 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** | No Classes | No Classes |  |  |
| **Thursday** | PE –Physical Fitness | PE –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 –  |