Mark Harming  
Lesson Plans

Week of: March 5th, 2012

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  | **7th PE/Health** | **8th PE/Health** | **AR** | **Personal Fitness** |
| **Monday** | Health-  Chapter 21 Section 4 | Health-  Chapter 21 Section 4 | 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 –  Isometric Core Work |
| **Tuesday** | PE –  Pickle Ball Round Robin – students will play pickle ball. | PE –  Pickle Ball Round Robin – students will play pickle ball. | 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 21 Test Review Day | Health-  Chapter 21 Test Review Day | Teen Biz- students will log in to Teen Biz and do today’s assignment. | Classroom –  Assignment 6 (from last week) |
| **Thursday** | PE –  Pickle Ball Round Robin – students will play pickle ball. | PE –  Pickle Ball Round Robin – students will play pickle ball. | 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? |