Mark Harming  
Lesson Plans

Week of: November 14th, 2011

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|  | **7th PE/Health** | **8th PE/Health** | **AR** | **Personal Fitness** |
| **Monday** | Health-  Chapter 7 Test | Health-  Chapter 7 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 –  Pull ups and sit ups.  Core Work – |
| **Tuesday** | PE –  Introduction to weight lifting unit. Students will be introduced to the weight room, and different machines and exercises. | PE –  Introduction to weight lifting unit. Students will be introduced to the weight room, and different machines and exercises. | Group Reading – students will listen to the book “Chasing Amanda ” .  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-  Standards Assignment – students will demonstrate one of the standards from the previous chapter. | Health-  Standards Assignment – students will demonstrate one of the standards from the previous chapter. | Teen Biz- students will log in to Teen Biz and do today’s assignment. | Classroom –  Assignment 9 and discussion on edmodo.com |
| **Thursday** | PE –  Weight Training – students will be lifting weights in weight room. | PE –  Weight Training – students will be lifting weights in weight room. | 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 “ Born to Rock”.  Indiv. Reading – students will read their own AR books and take AR tests. | Game Day –  Dodgeball |