Mark Harming  
Lesson Plans

Week of: November 28th, 2011

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|  | **7th PE/Health** | **8th PE/Health** | **AR** | **Personal Fitness** |
| **Monday** | Health-  Start Chapter 8 “Food and Nutrition” Section One “Carbohydrates, Fats, and Proteins” | Health-  Start Chapter 8 “Food and Nutrition” Section One “Carbohydrates, Fats, and Proteins” | 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 –  -Maximum bench press  Core Work –  10 minute abs. |
| **Tuesday** | PE –  Physical Fitness – wear Heart Rate Monitors while we work on physical fitness activities. | PE –  Physical Fitness – wear Heart Rate Monitors while we work on physical fitness activities. | 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-  Chapter 8 Section 2. Vitamins, Minerals, and Water. | Health-  Chapter 8 Section 2. Vitamins, Minerals, and Water. | Teen Biz- students will log in to Teen Biz and do today’s assignment. | Classroom –  Assignment 11 – Performance Enhancing Drugs. |
| **Thursday** | PE –  Physical Fitness – wear Heart Rate Monitors while we play a game. | PE –  Physical Fitness – wear Heart Rate Monitors while we play a game. | 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 –  Hackey Sack – students will play hackey sack. |