Mark Harming  
Lesson Plans

Week of: November 7th, 2011

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  | **7th PE/Health** | **8th PE/Health** | **AR** | **Personal Fitness** |
| **Monday** | Health-  -read and discuss note taking guides Chapter 7-1,2.  -hand out and complete note taking guides Chapter 7-3,4. | Health-  -read and discuss note taking guides Chapter 7-1,2.  -hand out and complete note taking guides Chapter 7-3,4. | 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 –  Maximum Bench Press  Core Work –  Pilates exercises |
| **Tuesday** | PE –  Heart Rate Monitors – Volleyball.  Students will play a VB game wearing the HRM’s. | PE –  Heart Rate Monitors – Volleyball.  Students will play a VB game wearing the HRM’s. | 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-  -read and discuss NTG’s Chapter 7-3,4.  TEST REVIEW & Study Guide. | Health-  -read and discuss NTG’s Chapter 7-3,4.  TEST REVIEW & Study Guide. | Teen Biz- students will log in to Teen Biz and do today’s assignment. | Classroom –  2nd Test – students will take the test over assignments 5-8. |
| **Thursday** | PE –  Heart Rate Monitors – Fitness Workout in the gym. | PE –  Heart Rate Monitors – Fitness Workout in the gym. | 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 –  Board game day- students are to bring their own board game to play. |