Mark Harming
Lesson Plans

Week of: October 10th

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|  | **7th PE/Health** | **8th PE/Health** | **AR** | **Personal Fitness** |
| **Monday** | Health-Chapter 5 TestChapter 6 intro video | Health-Chapter 5 TestChapter 6 intro video | 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 –40 yard dash2 minute push ups2 minute sit upsCore Work – |
| **Tuesday** | PE –Ultimate Frisbee – outdoors if the weather permits. | PE –Ultimate Frisbee – outdoors if the weather permits. | Group Reading – students will listen to the book “ Born to Rock”.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 6 Note Taking Guides | Health-Chapter 6 Note Taking Guides | Teen Biz- students will log in to Teen Biz and do today’s assignment. | Classroom –Assignment Five – developing a personal workout plan. |
| **Thursday** | PE –Ultimate Frisbee – outdoors if the weather permits. | PE –Ultimate Frisbee – outdoors if the weather permits. | 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 – -outdoor game |