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 Test  Chapter 6 intro video | Health-  Chapter 5 Test  Chapter 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 dash  2 minute push ups  2 minute sit ups  Core 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 |