Mark Harming
Lesson Plans

Week of: October 17th, 2011

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|  | **7th PE/Health** | **8th PE/Health** | **AR** | **Personal Fitness** |
| **Monday** | Health-Class will finish and then go over Note Taking Guides over Chapter Six. | Health-Class will finish and then go over Note Taking Guides over Chapter Six. | 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 – both underhand and overhand.Core Work –10 minute abs. |
| **Tuesday** | PE –Physical Fitness Day – Students will wear Heart Rate Monitors and participate in various fitness activities. | PE –Physical Fitness Day – Students will wear Heart Rate Monitors and participate in various fitness activities. | 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 “partner day” – students will work with a partner to create a “Visual” of what they learned in Chapter 6. | Health--Chapter 6 “partner day” – students will work with a partner to create a “Visual” of what they learned in Chapter 6. | Teen Biz- students will log in to Teen Biz and do today’s assignment. | Classroom –Assignment 6 and Discussion on Assignment 6. |
| **Thursday** | PE –Physical Fitness Day - Students will wear Heart Rate Monitors and participate in various fitness activities. | PE –Physical Fitness Day - Students will wear Heart Rate Monitors and participate in various fitness activities. | 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 – Indoors – jump rope OROutdoors – Frisbee Golf |