Mark Harming  
Lesson Plans

Week of: October 31st, 2011

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|  | **7th PE/Health** | **8th PE/Health** | **AR** | **Personal Fitness** |
| **Monday** | Health-  8th grade will have assembly down at the armory.  7th grade will do an activity with edmodo. | Health-  8th grade will have assembly down at the armory.  7th grade will do an activity with edmodo. | 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 –  Mile Run?  Core Work –  -Sit-ups… incline, criss cross, crunch, normal. |
| **Tuesday** | PE –  Volleyball – Break into teams and play a game of volleyball. | PE –  Volleyball – Break into teams and play a game of volleyball. | 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 7 Introduction – Watch video and read article from KidsHealth.org. Participate in class discussion. | Health-  Chapter 7 Introduction – Watch video and read article from KidsHealth.org. Participate in class discussion. | Teen Biz- students will log in to Teen Biz and do today’s assignment. | Classroom –  Students will do assignment and discussion question on Assignment 8 “Dietary Guidelines” |
| **Thursday** | PE –  Volleyball – Break into teams and play a game of volleyball. | PE –  Volleyball – Break into teams and play a game of volleyball. | 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 –  Jump Rope Day – students will attempt various “double dutch” and team jump roping games. |