Mark Harming  
Lesson Plans

Week of: October 3rd, 2011

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|  | **7th PE/Health** | **8th PE/Health** | **AR** | **Personal Fitness** |
| **Monday** | Health-  Finish Chapter 5 Sections 1 & 2 assignment.  Read and Discuss Section 3 | Health-  Finish Chapter 5 Sections 1 & 2 assignment.  Read and Discuss Section 3 | 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 –  Max Bench Press  Core Work –  -More Pilates activities. |
| **Tuesday** | PE –  Intro to Ultimate Frisbee – kids will learn the rules of the game, and learn how to “pass” the Frisbee. | PE –  Intro to Ultimate Frisbee – kids will learn the rules of the game, and learn how to “pass” the Frisbee. | 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 5 Review – students will work on Chapter 5 Review Sheets. | Health-  Chapter 5 Review – students will work on Chapter 5 Review Sheets. | Teen Biz- students will log in to Teen Biz and do today’s assignment. | Classroom –  Test – Students will have a test over the first four assignments. |
| **Thursday** | PE –  Ultimate Frisbee – students will play a game. Outside or indoors depending on the weather. | PE –  Ultimate Frisbee – students will play a game. Outside or indoors depending on the weather. | 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 –  -Frisbee Golf depending on the weather. |