Mark Harming
Lesson Plans

Week of: September 12th, 2011

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|  | **7th PE/Health** | **8th PE/Health** | **AR** | **Personal Fitness** |
| **Monday** | Health-Introduction to Chapter 1 – Making Health Decisions. Watch video “Decisions, Decisions”. Assignment – Read Chapter 1 Section 1. Do definitions of Vocab words and and questions 5,6, and 7 on page 5.  | Health-Introduction to Chapter 1 – Making Health Decisions. Watch video “Decisions, Decisions”. Assignment – Read Chapter 1 Section 1. Do definitions of Vocab words and and questions 5,6, and 7 on page 5.  | 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 and situpsCore Work –Sit ups above |
| **Tuesday** | PE –Introduction to Flag Football – students will be introduced to the game of flag football, learn rules, etc… | PE –Introduction to Flag Football – students will be introduced to the game of flag football, learn rules, etc… | 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-Students will enter answers from Monday into Edmodo and turn in. Students will Read Section 2 upon completion. | Health-Students will enter answers from Monday into Edmodo and turn in. Students will Read Section 2 upon completion. | Teen Biz- students will log in to Teen Biz and do today’s assignment. | Classroom –Students will work on Assignment 2 and complete the discussion board. |
| **Thursday** | PE –Flag Football – students will learn a few possible “plays”. Then students will split into teams and play a game. | PE –Flag Football – students will learn a few possible “plays”. Then students will split into teams and play a game. | 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 of Soccer – weather permitting. |