Mark Harming  
Lesson Plans

Week of: September 19th, 2011

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|  | **7th PE/Health** | **8th PE/Health** | **AR** | **Personal Fitness** |
| **Monday** | Health-  Chapter One Section 3 – Worksheet Assignment, Read Chapter One Section Four. | Health-  Chapter One Section 3 – Worksheet Assignment, Read Chapter One Section Four. | 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  Core Work –  -Pilates workout |
| **Tuesday** | PE –  Flag Football – students will break into two teams and play flag football. Outside if the weather permits. | PE –  Flag Football – students will break into two teams and play flag football. Outside 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 One Section Four – Class Discussion.  **Chapter One Test Review!** | Health-  Chapter One Section Four – Class Discussion.  **Chapter One Test Review!** | Teen Biz- students will log in to Teen Biz and do today’s assignment. | Classroom –  Assignment 3 and Assignment 3 Discussion will be done on edmodo. Strength Training |
| **Thursday** | PE –  Flag Football – students will break into two teams and play flag football. Outside if the weather permits. | PE –  Flag Football – students will break into two teams and play flag football. Outside 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 –  Weather Permitting – Soccer outdoors. |