Mark Harming  
Lesson Plans

Week of: September 26th, 2011

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|  | **7th PE/Health** | **8th PE/Health** | **AR** | **Personal Fitness** |
| **Monday** | Health-  Chapter One Test  Chapter Five Video -respond to discussion on edmodo. | Health-  Chapter One Test  Chapter Five Video -respond to discussion on 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 –  -ten minute abs. |
| **Tuesday** | PE –  Heart Rate Monitors – students will learn how to put on and operate HRM’s. | PE –  Heart Rate Monitors – students will learn how to put on and operate HRM’s. | 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 Five Sections One and Two – Assignment on Edmodo. | Health-  Chapter Five Sections One and Two – Assignment on Edmodo. | Teen Biz- students will log in to Teen Biz and do today’s assignment. | Classroom –  Students will do Assignment Four – Cardiovascular Endurance, and discussion. |
| **Thursday** | PE –  Physical Fitness with HRM’s. Students will use HRM’s to monitor their workout. | PE –  Physical Fitness with HRM’s. Students will use HRM’s to monitor their workout. | 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 outside – weather permitting. |