Week 11

11/4- 11/8

Lesson Plans

**Freshman PE/ Health**

**Monday:** Cardio workout/weights (advanced group complete daily program)

**Tuesday:** Chapter 5 Introduction

**Wednesday:** Agility/weights (advanced group complete daily program)

**Thursday:** Chapter 5 Lesson 1

**Friday:**  Complete daily workout (Balance and Coordination). Activity Friday

**Enhanced Strength and Conditioning**

**Monday:** Group A: Weight room (Testing and programming)

Group B: Gym (Balance and Agility)

**Tuesday:** Group A: Gym (20 min core workout) \*Game day Athletes: Stretch and Roll

Group B: Weight room (Testing and programming)

**Wednesday:** Group A: Weight room

Group B: Gym (Speed and Coordination) \*Game day Athletes: Stretch and Roll

**Thursday:** Group A: Gym ( 20 min flexibility and range of motion) \*Game day Athletes: Stretch and Roll

Group B: Weight Room

**Friday:** Group A: Weight Room

Group B: Gym (5 Min Cardio run - cooperative game) \*Game day Athletes: Stretch and Roll

**Recreation**

Monday: Survivor skills – Hunting, Trapping Continued (Finish WS and turn in)

Tuesday: Survivor skills – Gathering (Michigan Edibles- Mushroom - Berries)

Wednesday: Survivor skills – Gathering (Michigan Edibles- Mushroom - Berries)

Thursday: Hunting Introduction

Friday: Trapping Project Due

**Fitness and Activities**

**Monday:** Volleyball

**Tuesday:** Mat Ball

**Wednesday:** Volleyball

**Thursday:** Student Choice activity

**Friday:** Creating an activity (Project)

**MS PE- 8th grade**

**Monday:** Volleyball

**Tuesday:** Weight room (Group A: Hang clean – lateral lunge), Group B: Incline bench – Push-up)

**Wednesday:** Volleyball

**Thursday :** Weight room (Group A: Hang clean – lateral lunge), Group B: Incline bench – Push-up)

**Friday:** Cooperative activity (Friday Fun Day)