Week 14

12/2 – 12/6

Lesson Plans

**Freshman PE/ Health**

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

**Tuesday:** Chapter 5 review

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

**Thursday:** Chapter 5 Test

**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: Orienteering Pre Assessment

Tuesday: Types of Maps and their purpose

Wednesday: Understanding a compass

Thursday: Using a compass combined with a map

Friday: Half day. Fun activity

**Fitness and Activities**

**Monday:** Combination class with MS students

**Tuesday:** Basketball activity

**Wednesday:** Volleyball

**Thursday:** Wiffleball

**Friday:** Half day Fun activity

**MS PE- 8th grade**

**Monday:** Intro to Active Stretching

**Tuesday:** Clay

**Wednesday:** Intro to tag ball

**Thursday:** Intro to weight room

**Friday:** Half day activity.