Week 15

12/9 – 12/13

Lesson Plans

**Freshman PE/ Health**

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

**Tuesday:** Chapter 6 intro – Lesson 1 work

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

**Thursday:** Chapter 6 - lesson 1 and 2

**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 – Using maps and compasses

Tuesday: Orienteering – Using maps and compasses

Wednesday: Orienteering – Using maps and compasses

Thursday: Orienteering – Using maps and compasses

Friday: Cooperative activity

**Fitness and Activities**

**Monday:** Creating a new game (Students will need to come up with a game using the tools I supply)

**Tuesday:** We will use the class hour to play and experiment with procedures and rules of the new game

**Wednesday:** Volleyball

**Thursday:** Wiffleball

**Friday:** Cooperative game

**MS PE- 8th grade**

**Monday:** Intro to Basketball

**Tuesday:** Intro to weight room (Most students were gone last week)

**Wednesday:** Basketball Rules and Techniques ( Introducing all skills related to basketball)

**Thursday:** Squat and Bench Introduction

**Friday:** Basketball - Dribbling