Week three

Lesson Plans

**Freshman PE/ Health**

**Monday:** Intro to squat position and using proper form

**Tuesday:** Mile (Due to weather we were unable to attempt the mile)

**Wednesday:** Intro to weight room safety

**Thursday:** Intro to chapter 2: “Taking charge of your health”

**Friday:** Intro to Football unit (Did not start last week)

**Enhanced Strength and Conditioning**

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

Group B: Gym (Balance and Agility)

**Tuesday:** Group A: Gym (Balance and Agility) \*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 (Speed and Coordination) \*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: Intro to archery (what is it?)

Tuesday: Canoe quiz, History of Archery

Wednesday: Types of tools used in archery: Day 1

Thursday: Types of tools used in archery: Day 2

Friday: Weekly wrap up and activity.

**Fitness and Activities**

**Monday:** Ultimate Frisbee (weather permitting)

**Tuesday:** Intro to Football (Basic terminology used)

**Wednesday:** Fitness testing (Mile make up day)

**Thursday:** Football unit (Throwing and catching)

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

**MS PE- 8th grade**

**Monday:** Intro to football (Basic terminology)

**Tuesday:** Mile (Make up due to weather)

**Wednesday:** Football (throwing and catching)

**Thursday:** Intro to weight room

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