Week two

Lesson Plans

**Freshman PE/ Health**

**Monday:** Fitness testing- Push-ups, sit- ups, Sit and reach

**Tuesday:** Understanding Health and Wellness- Chapter 1: Lesson 1 (Your total health), Lesson 2 (What affects your health)

**Wednesday:** Fitness testing- Mile Run

**Thursday:** Chapter 1: Lesson 3 (Health risk and your Behavior), Lesson 4 (Promoting Health and Wellness)

**Friday:** Intro to Football unit

**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: Paddling and water etiquette/rules (Journaling and Discussion)

Tuesday: Paddling and safety (Video)

Wednesday: Research- Identify different types of paddling adventures available in Michigan

Thursday: Classroom presentations of adventures in Michigan

Friday: Canoe Practice- Entering and Exiting, Paddling, and performing different strokes in an actual canoe.

**Fitness and Activities**

**Monday:** Fitness testing (Push-ups, Sit-ups, and sit-reach)

**Tuesday:** Intro to Ultimate Frisbee (Rules, catching and throwing)

**Wednesday:** Fitness testing (Mile)

**Thursday:** Ultimate Frisbee (activity game)

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

**MS PE- 8th grade**

**Monday:** Fitness testing (Push-ups, Sit-ups, and sit-reach)

**Tuesday:** Intro to Ultimate Frisbee (Rules, catching and throwing)

**Wednesday:** Fitness testing (Mile)

**Thursday:** Ultimate Frisbee (activity game)

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