Health and Physical Education 10th grade.

Lesson Plans:

Week of Mon. Oct. 26-Thurs. Oct. 29

Each PE day begins with warm up laps, followed by form running items such as toe kicks, butt kicks, skipping, kareoka, etc.

 **Monday**: Activity.

**Tuesday**  – Students will work on the reflection for Presidents Fitness Test completion.

**Wednesday** is 7 minute ab day – Activity

**Thursday**- Jump rope day – Activity.

Week of Mon. Nov. 2 – Thurs. Nov. 5

**Monday** is flexibility day. Activity

**Tuesday** In health, students will complete their tobacco presentations, then begin chapter 22 on Alcohol.

**Wednesday** – 7 minute ab. Day. – Activity

**Thursday** – Push-up day – Activity.

Over the next week or two we will be transitioning to indoor activity’s. When the volleyball net comes down and the bleachers get pushed in it will provide different opportunities for the class. Games like Jupiter ball, Speed ball, indoor wiffle ball will be provide different opportunities.

Each PE day will begin with a warm-up period consisting of form running items such as butt kicks, skipping, and karaoke, and plyometric drills such as squat jumps and standing long jumps. In addition to the above, each PE day will also include a skill development session working on such things as throwing and catching, passing a volleyball, passing a lacrosse ball with a lacrosse stick or jumping rope.

Students are reminded to be on time, be dressed out quickly, and to participate fully in the activity for that day.

Students have been reminded regularly that their best chance for success and a good grade in 9th grade PE is to display a good attitude and to participate with good effort every day. Good attitude + good effort = best chance for success.