

Personal Fitness Lesson Plans 11/2- 11/6

Monday

The students will go through the agility ladder. They will be assigned to read Chap. 3.1 and do the questions on p. 31, 1-6 for tomorrow.

Tuesday

Convocation, no class!

Wednesday

Turn in Questions. The students will then participate in a discussion over the first section of the chapter. We will discuss what lifestyle physical activity is, how much you need, and the fit formula. After the discussion, we will go through a medicine ball workout.

Thursday

The students will continue their discussion on the importance of lifestyle physical activity, and how much teens get their age. After the short discussion, they will go through a medicine ball workout.

Friday

The students will play a cardiovascular game today.