

**Physical Education Lesson Plans**  
**10/12-10/16**

\*\*Students are now wearing heart rates during the PE class so their heart rate can be monitored during their workouts. Look for a copy of their heart rate print out to come home very soon.\*\*

Monday (Team 1)

The students will go through stations, working on different aspects and skills of softball. The stations are incorporate with different fitness exercises to get the students heart rate up.

Tuesday (Team 2) & Wednesday (Team 1)

The students will put all their skills together and play modified games of softball. The games will be approximately 4 on 4.

Thursday (Team 2)

The students will put all their skills together and play modified games of softball. The games will be approximately 4 on 4. The students are to hand in their activity logs, and they will get a new log for the rest of this week, and some of next week. This log will be due on Wed the 21<sup>st</sup>.

Friday (Team 1)

The students will put all their skills together and play modified games of softball. The games will be approximately 4 on 4. The students are to hand in their activity logs, and they will get a new log for the rest of this week, and some of next week. This log will be due on Tues the 20<sup>th</sup>. The students will also receive a study guide over softball. The will take the test on Tues as well the following week before fall break.