

**Physical Education Lesson Plans**  
**11/2-11/6**

**\*\*Almost every student has worn the heart rate monitor once, and has been shown a print out of their heart rate. Ask you student questions about it so they can explain what is happening in PE.\*\***

Monday (Team 1) & Tuesday (Team 2)

The student will learn how to throw the Frisbee to a moving target by participating in numerous drills. They will then be shown a mini-game of Ultimate to start learning the rules.

Wednesday (Team 1) & Thursday (Team 2)

The students will continue with moving and throwing. Today, they will learn how to play defense on a person without the Frisbee. This defense will be applied in some of the movement drills.

Friday (Team 1)

The students will continue to work on their defense, they will learn how to play defense on someone that has the Frisbee. Short games will be played to expand their knowledge of the game of Ultimate.