

Physical Education Lesson Plans
8/24- 8/28

Monday

The students will start their fitness testing today. Their first test will be the sit and reach to test their flexibility. Then, they will be tested on their upper body muscular strength by doing push ups.

Tuesday

The students will continue their fitness testing today with the sit up test. After the sit up test, they will finish out the day with an abdominal workout.

Wednesday

I will not be at school today so the students will have an activity day with Mr. Ponto.

Thursday

The students will be testing on their cardiovascular endurance today by doing the PACER test.

Friday

Today is game day. The students will participate in a fun, cardiovascular game.