

Physical Education Plans
8/31 - 9/4

Monday (Team 2) & Tuesday (Team 1)

3rd Per.- The students will perform the PACER test to evaluate their cardiovascular endurance.

The other classes will play a cardiovascular game. The game will get the kids moving and increase their heart rate. We will also discuss heart rate and the use of heart rate monitors.

Wednesday (Team 2) & Thursday (Team 1)

The students will start golf today. We will start by talking about safety, then the grip and stance. The students will also learn the parts of the club and the basic swing.

Friday (Team 2)

Today, we will work on a 6 iron shot. We will review the stance, grip, and swing. We will work on ball placement and then talk about the different type of shots.