

**Physical Education Lesson Plans
9/21- 9/25**

**** Team 2 will have PE all this week, and then will go through the CPR program in health the following week. We will then be back on the regular schedule ****

Monday (Team 2)

The students will go through the golf course I have set up in the grass behind the school using three different irons.

Tuesday (Team 2)

The students will continue with the golf course, trying to better their score from the previous day.

Wednesday (Team 2)

The students will get a study guide today over golf. They will need to study this before the test on Thursday. We have gone over all the information in class, so this is just a reminder for them. After the study guide, we will play golf.

Thursday (Team 2)

The students will take their test over golf. After the test, the students will get their results from the fitness testing and start getting their fitness portfolio together. They will also learn about setting physical activity goals, and then begin to chart their daily physical activity.

Friday (Team 2)

The students will learn today about the heart rate monitors. I will show them the protocol of how to put them on and how to use them. If time allows, we will be playing a game that will increase their heart rate.