

### Weekly Lesson Plans

| Period | Date/Week: |   | Teacher:  |   | Grade/Class:  |   |
|--------|------------|---|---|---|---|---|
|        | Monday     | Tuesday   | Wednesday   | Thursday  | Friday  | Friday  |
| 1st    | no school  | stretch/jump rope/run/cals/lift/stretch/play on Friday            | stretch/jump rope/run/cals/lift/stretch/play on Friday            | stretch/jump rope/run/cals/lift/stretch/play on Friday            | stretch/jump rope/run/cals/lift/stretch/play on Friday            | stretch/jump rope/run/cals/lift/stretch/play on Friday            |
| 2nd    | no school  | jump rope/cals/run/stretch/lift/stretch/play on Friday            | jump rope/cals/run/stretch/lift/stretch/play on Friday            | jump rope/cals/run/stretch/lift/stretch/play on Friday            | jump rope/cals/run/stretch/lift/stretch/play on Friday            | jump rope/cals/run/stretch/lift/stretch/play on Friday            |
| 3rd    | no school  | chp 2 quizzes/tests/worksheet/constitution 2 test/news sheet test | chp 2 quizzes/tests/worksheet/constitution 2 test/news sheet test | chp 2 quizzes/tests/worksheet/constitution 2 test/news sheet test | chp 2 quizzes/tests/worksheet/constitution 2 test/news sheet test | chp 2 quizzes/tests/worksheet/constitution 2 test/news sheet test |
| 4th    | no school  | jump rope/cals/run/stretch/lift/stretch/play on Friday            | jump rope/cals/run/stretch/lift/stretch/play on Friday            | jump rope/cals/run/stretch/lift/stretch/play on Friday            | jump rope/cals/run/stretch/lift/stretch/play on Friday            | jump rope/cals/run/stretch/lift/stretch/play on Friday            |
| 5th    | no school  |   |   |   |   |   |
| 6th    |            |   |   |   |   |   |
| 7th    | no school  | chp 2 quizzes/tests/worksheet/constitution 2 test/news sheet test | chp 2 quizzes/tests/worksheet/constitution 2 test/news sheet test | chp 2 quizzes/tests/worksheet/constitution 2 test/news sheet test | chp 2 quizzes/tests/worksheet/constitution 2 test/news sheet test | chp 2 quizzes/tests/worksheet/constitution 2 test/news sheet test |
| 8th    | no school  | jump rope/cals/run/stretch/lift/stretch/play on Friday            | jump rope/cals/run/stretch/lift/stretch/play on Friday            | jump rope/cals/run/stretch/lift/stretch/play on Friday            | jump rope/cals/run/stretch/lift/stretch/play on Friday            | jump rope/cals/run/stretch/lift/stretch/play on Friday            |