**McDonald Weekly Lesson Plans**

**2016-17**

**August 24 – August 26**

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| --- | --- | --- | --- | --- | --- |
| **1st Hour**  **7th Grade Health** |  |  | Half Day  Intro to Class | Social & Emotional  Health  Lesson 1 | Social & Emotional  Health  Lesson 2 |
| **2nd Hour**  **Strength &**  **Conditioning** |  |  | Half Day  Intro to Class | Intro to Lift Days  Proper Squats | Half Day  Proper Bench |
| **4th Hour**  **7th Grade Health** |  |  | Half Day  Intro to Class | Social & Emotional  Health  Lesson 1 | Social & Emotional  Health  Lesson 2 |
| **5th Hour**  **Physical Education** |  |  | Half Day  Intro to Class | Intro to Volleyball | Half Day  Volleyball  Rally Game |
| **6th Hour**  **7th Grade Health** |  |  | Half Day  Intro to Class | Social & Emotional  Health  Lesson 1 | Social & Emotional  Health  Lesson 2 |
| **7th Hour**  **Lifetime Fitness** |  |  | Half Day  Intro to Class | Tennis | Half day  Volleyball |

**McDonald Weekly Lesson Plans**

**2016-17**

**August 29 – September 1**

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| **1st Hour**  **7th Grade Health** | *Social &*  *Emotional Health*  *Lesson 3*  Dealing with Stress  Group work for stress  relief presentations | *Social &*  *Emotional Health*  *Lesson 4*    Dealing W/ Stress Cont.   Groups Present | Social & Emotional Health  Lesson 5    Managing Anger  Listening Tips (Active Listening) | Social & Emotional Health  Lesson 5 cont.  Empathy  I-Statements |  |
| **2nd Hour**  **Strength &**  **Conditioning** | Review Squats  Review Bench  Activity- Ultimate Football | Intro to Incline  Press  Intro to Military  Press | Individual Weight lifting plans | Weight room walk through |  |
| **4th Hour**  **7th Grade Health** | *Social &*  *Emotional Health*  *Lesson 3*  Dealing with Stress  Group work for stress  relief presentations | *Social &*  *Emotional Health*  *Lesson 4*    Dealing W/ Stress Cont.  Groups Present | Social & Emotional Health  Lesson 5    Managing Anger  Listening Tips (Active Listening) | Social & Emotional Health  Lesson 5 cont.  Empathy  I-Statements |  |
| **5th Hour**  **Physical Education** | Volleyball Unit  Intro to Sets & Bumps  Partner Practice | Volleyball  Partner practice  Intro to Serving | Volleyball  Rules and Rotation  Game play | Volleyball  Game play  Round Robin |  |
| **6th Hour**  **7th Grade Health** | *Social &*  *Emotional Health*  *Lesson 3*  Dealing with Stress  Group work for stress  relief presentations | *Social &*  *Emotional Health*  *Lesson 4*    Dealing W/ Stress Cont.  Groups Present | Social & Emotional Health  Lesson 5    Managing Anger  Listening Tips (Active Listening) | Social & Emotional Health  Lesson 5 cont.  Empathy  I-Statements |  |
| **7th Hour**  **Lifetime Fitness** | Circuit  Fitness Center  Activities | Tennis | Circuit  Fitness Center  Activities | Tennis |  |

**McDonald Weekly Lesson Plans**

**2016-17**

**September 5 – September 8**

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| **1st Hour**  **7th Grade Health** | *Social &*  *Emotional Health*  *Lesson 6*  Empathy & Sympathy | *Social &*  *Emotional Health*  *Lesson 7*  Decision Making &  Problem Solving | Social & Emotional Health  Lesson 8  Conflict Resolution | Social & Emotional Health  Lesson 9  Taking Control |  |
| **2nd Hour**  **Strength &**  **Conditioning** | Begin Weight Lifting  Programs | Lifting | Lifting | Lifting |  |
| **4th Hour**  **7th Grade Health** | *Social &*  *Emotional Health*  *Lesson 6*  Empathy & Sympathy | *Social &*  *Emotional Health*  *Lesson 7*  Decision Making &  Problem Solving | Social & Emotional Health  Lesson 8  Conflict Resolution | Social & Emotional Health  Lesson 9  Taking Control |  |
| **5th Hour**  **Physical Education** | Intro to Fitness Center | Volleyball  Game Play  Skill Testing | Fitness Center  Student Choice  Activity | Volleyball  Game Play |  |
| **6th Hour**  **7th Grade Health** | *Social &*  *Emotional Health*  *Lesson 6*  Empathy & Sympathy | *Social &*  *Emotional Health*  *Lesson 7*  Decision Making &  Problem Solving | Social & Emotional Health  Lesson 8  Conflict Resolution | Social & Emotional Health  Lesson 9  Taking Control |  |
| **7th Hour**  **Lifetime Fitness** | Circuit  Fitness Center  Activities | Tennis | Circuit  Fitness Center  Activities | Tennis |  |

**McDonald Weekly Lesson Plans**

**2016-17**

**September 12 – September 16**

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| **1st Hour**  **7th Grade Health** | *Social &*  *Emotional Health*  *Lesson 10*  Bullying part 1 | *Social &*  *Emotional Health*  *Lesson 11*  Bullying part 2 | *Social & Emotional Health*  *Lesson 12*  Choosing Friends | *Social & Emotional Health*  *Lesson 13*  Healthy Relationships | *Social & Emotional Health*  *Lesson 14*  Helping Others |
| **2nd Hour**  **Strength &**  **Conditioning** | Varsity- Legs  JV-Pull  Out Season- Light | Varsity- Push  JV- Legs  Out Season- Cardio | Varsity- Pull  JV- Push  Out Season- Legs | Varsity- Cardio  JV- Gameday  Out Season-Push | VarsityGameday  JV-Cardio  Out Season- Pull |
| **4th Hour**  **7th Grade Health** | *Social &*  *Emotional Health*  *Lesson 10*  Bullying part 1 | *Social &*  *Emotional Health*  *Lesson 11*  Bullying part 2 | *Social & Emotional Health*  *Lesson 12*  Choosing Friends | *Social & Emotional Health*  *Lesson 13*  Healthy Relationships | *Social & Emotional Health*  *Lesson 14*  Helping Others |
| **5th Hour**  **Physical Education** | Fitness Center  Student Choice Activity | Volleyball  Game play | Fitness Center  Badminton & Basketball | Volleyball  Game play | Ultimate Football |
| **6th Hour**  **7th Grade Health** | *Social &*  *Emotional Health*  *Lesson 10*  Bullying part 1 | *Social &*  *Emotional Health*  *Lesson 11*  Bullying part 2 | *Social & Emotional Health*  *Lesson 12*  Choosing Friends | *Social & Emotional Health*  *Lesson 13*  Healthy Relationships | *Social & Emotional Health*  *Lesson 14*  Helping Others |
| **7th Hour**  **Lifetime Fitness** | Circuit  Fitness Center  Activities | Tennis | Circuit  Fitness Center  Activities | Tennis | Fitness Center  Activities |

**McDonald Weekly Lesson Plans**

**2016-17**

**September 19 – September 23**

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| **1st Hour**  **7th Grade Health** | Nutrition & P.A.  Lesson 1  My Plate | Nutrition & P.A.  Lesson 1  My Plate | Nutrition & P.A.  Lesson 2  More on MyPlate | Nutrition & P.A.  Lesson 2  More on MyPlate | Physical Education  Day |
| **2nd Hour**  **Strength &**  **Conditioning** | Varsity- Legs  JV-Pull  Out Season- Light | Varsity- Push  JV- Legs  Out Season- Cardio | Varsity- Pull  JV- Push  Out Season- Legs | Varsity- Cardio  JV- Gameday  Out Season-Push | Varsity-Gameday  JV-Cardio  Out Season- Pull |
| **4th Hour**  **7th Grade Health** | Nutrition & P.A.  Lesson 1  My Plate | Nutrition & P.A.  Lesson 1  My Plate | Nutrition & P.A.  Lesson 2  More on MyPlate | Nutrition & P.A.  Lesson 2  More on MyPlate | Physical Education  Day |
| **5th Hour**  **Physical Education** | Badminton  Rules  Forehand/Backhand | Fitness Center  Student Choice Activity | Badminton  Bracket Begins | Fitness Center  Student Choice Activity | Ultimate Football |
| **6th Hour**  **7th Grade Health** | Nutrition & P.A.  Lesson 1  My Plate | Nutrition & P.A.  Lesson 1  My Plate | Nutrition & P.A.  Lesson 2  More on MyPlate | Nutrition & P.A.  Lesson 2  More on MyPlate | Physical Education  Day |
| **7th Hour**  **Lifetime Fitness** | Circuit  Fitness Center  Activities | Tennis | Circuit  Fitness Center  Activities | Tennis | Fitness Center  Activities |

**McDonald Weekly Lesson Plans**

**2016-17**

**September 26 – September 30**

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| **1st Hour**  **7th Grade Health** | Nutrition & P.A.  Lesson 3  Evaluate Personal Diets | Nutrition & P.A.  Lesson 3  Cont.  Evaluate Personal Diets | Nutrition & P.A.  Make-Up  Catch-Up  Day | Nutrition & P.A.  Lesson 4  Physical Activity | Nutrition & P.A.  Lesson 5  Body Image |
| **2nd Hour**  **Strength &**  **Conditioning** | Varsity- Legs  JV-Pull  Out Season- Light | Varsity- Push  JV- Legs  Out Season- Cardio | Varsity- Pull  JV- Push  Out Season- Legs | Varsity- Cardio  JV- Gameday  Out Season-Push | Varsity-Gameday  JV-Cardio  Out Season- Pull |
| **4th Hour**  **7th Grade Health** | Nutrition & P.A.  Lesson 3  Evaluate Personal Diets | Nutrition & P.A.  Lesson 3  Cont.  Evaluate Personal Diets | Nutrition & P.A.  Make-Up  Catch-Up  Day | Nutrition & P.A.  Lesson 4  Physical Activity | Nutrition & P.A.  Lesson 5  Body Image |
| **5th Hour**  **Physical Education** | Badminton  Rules  Tournament | Fitness Center  Student Choice Activity | Badminton  Tournament | Fitness Center  Student Choice Activity | Badminton  Tournament |
| **6th Hour**  **7th Grade Health** | Nutrition & P.A.  Lesson 3  Evaluate Personal Diets | Nutrition & P.A.  Lesson 3  Cont.  Evaluate Personal Diets | Nutrition & P.A.  Make-Up  Catch-Up  Day | Nutrition & P.A.  Lesson 4  Physical Activity | Nutrition & P.A.  Lesson 5  Body Image |
| **7th Hour**  **Lifetime Fitness** | Badminton  Tournament | Badminton  Tournament | Badminton  Tournament | Badminton  Tournament | Fitness Center  Activities |

**McDonald Weekly Lesson Plans**

**2016-17**

**October 3 – October 7**

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| **1st Hour**  **7th Grade Health** | Nutrition & P.A.  Lesson 6  Power Calories | Nutrition & P.A.  Lesson 6  Cont.  Power Calories | Nutrition & P.A.  Lesson 7  Food Packaging Tricks & Claims | Nutrition & P.A.  Fitness Gym  Physical Activity  Day | Nutrition & P.A.  Lesson 7 Cont  Food Advertising |
| **2nd Hour**  **Strength &**  **Conditioning** | Varsity- Legs  JV-Pull  Out Season- Light | Varsity- Push  JV- Legs  Out Season- Cardio | Varsity- Pull  JV- Push  Out Season- Legs | Varsity- Cardio  JV- Gameday  Out Season-Push | Varsity-Gameday  JV-Cardio  Out Season- Pull |
| **4th Hour**  **7th Grade Health** | Nutrition & P.A.  Lesson 6  Power Calories | Nutrition & P.A.  Lesson 6  Cont.  Power Calories | Nutrition & P.A.  Lesson 7  Food Packaging Tricks & Claims | Nutrition & P.A.  Fitness Gym  Physical Activity  Day | Nutrition & P.A.  Lesson 7 Cont  Food Advertising |
| **5th Hour**  **Physical Education** | Strength Day  Badminton Tournament | Cardio Day  Badminton Tournament | Strength Day  Badminton Tournament | Cardio Day  Badminton Tournament | Student Choice Activity |
| **6th Hour**  **7th Grade Health** | Nutrition & P.A.  Lesson 6  Power Calories | Nutrition & P.A.  Lesson 6  Cont.  Power Calories | Nutrition & P.A.  Lesson 7  Food Packaging Tricks & Claims | Nutrition & P.A.  Fitness Gym  Physical Activity  Day | Nutrition & P.A.  Lesson 7 Cont  Food Advertising |
| **7th Hour**  **Lifetime Fitness** | Badminton Tournament | Tennis | Badminton Tournament | Tennis | Class Choice Activity |

**McDonald Weekly Lesson Plans**

**2016-17**

**October 10 – October 14**

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| **1st Hour**  **7th Grade Health** | Nutrition & P.A.  Lesson 8  Fast Food | Nutrition & P.A.  PE Day  @ Fitness center | Nutrition & P.A.  Lesson 8  Cont.  Fast Food | Nutrition & P.A.  Fitness Gym  Physical Activity  Day | Nutrition & P.A.  Lesson 8  Cont.  Fast Food |
| **2nd Hour**  **Strength &**  **Conditioning** | Varsity- Legs  JV-Pull  Out Season- Light | Varsity- Push  JV- Legs  Out Season- Cardio | Varsity- Pull  JV- Push  Out Season- Legs | Varsity- Cardio  JV- Gameday  Out Season-Push | Varsity-Gameday  JV-Cardio  Out Season- Pull |
| **4th Hour**  **7th Grade Health** | Nutrition & P.A.  Lesson 8  Fast Food | Nutrition & P.A.  PE Day  @ Fitness center | Nutrition & P.A.  Lesson 8  Cont.  Fast Food | Nutrition & P.A.  Fitness Gym  Physical Activity  Day | Nutrition & P.A.  Lesson 8  Cont.  Fast Food |
| **5th Hour**  **Physical Education** | Strength Day  Ultimate Football | Cardio Day  Football  Intro to pass | Strength Day  Football  Routes | Cardio Day  Football  Flag Rules | Flag Football |
| **6th Hour**  **7th Grade Health** | Nutrition & P.A.  Lesson 8  Fast Food | Nutrition & P.A.  PE Day  @ Fitness center | Nutrition & P.A.  Lesson 8  Cont.  Fast Food | Nutrition & P.A.  Fitness Gym  Physical Activity  Day | Nutrition & P.A.  Lesson 8  Cont.  Fast Food |
| **7th Hour**  **Lifetime Fitness** | Fitness Center Activities | Begin Volleyball Tournament | Volleyball  Tournament | Volleyball  Tournament | Student Choice Activity |

**McDonald Weekly Lesson Plans**

**2016-17**

**October 17– October 21**

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| **1st Hour**  **7th Grade Health** | Nutrition & P.A.  Lesson 9  Healthy Cafeteria Food | Nutrition & P.A.  Lesson 10  Persuasion & Refusal | Nutrition & P.A.  Lesson 11  Personal Health Plan | Nutrition & P.A.  Fitness Gym  Physical Activity  Day | Nutrition & P.A.  Test Prep for unit test |
| **2nd Hour**  **Strength &**  **Conditioning** | Varsity- Legs  JV-Pull  Out Season- Light | Varsity- Push  JV- Legs  Out Season- Cardio | Varsity- Pull  JV- Push  Out Season- Legs | Varsity- Cardio  JV- Gameday  Out Season-Push | Varsity-Gameday  JV-Cardio  Out Season- Pull |
| **4th Hour**  **7th Grade Health** | Nutrition & P.A.  Lesson 9  Healthy Cafeteria Food | Nutrition & P.A.  Lesson 10  Persuasion & Refusal | Nutrition & P.A.  Lesson 11  Personal Health Plan | Nutrition & P.A.  Fitness Gym  Physical Activity  Day | Nutrition & P.A.  Test Prep for unit test |
| **5th Hour**  **Physical Education** | Strength Day  Review Pass  Flag Football | Cardio Day  Fitness Center Lifting Program Intro | Strength Day  Substitute  Stations | Cardio Day  Substitute  Stations | Student Choice  (if sub report is good) |
| **6th Hour**  **7th Grade Health** | Nutrition & P.A.  Lesson 9  Healthy Cafeteria Food | Nutrition & P.A.  Lesson 10  Persuasion & Refusal | Nutrition & P.A.  Lesson 11  Personal Health Plan | Nutrition & P.A.  Fitness Gym  Physical Activity  Day | Nutrition & P.A.  Test Prep for unit test |
| **7th Hour**  **Lifetime Fitness** | Volleyball Tournament | Volleyball Tournament | Substitute  Choice Activities | Substitute  Choice Activities | Student Choice |

**McDonald Weekly Lesson Plans**

**2016-17**

**October 24– October 28**

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| **1st Hour**  **7th Grade Health** | Tobacco Unit  Lesson 1  Tobacco’s Negative health affects | Tobacco Unit  Lesson 2  Decision Making | Tobacco Unit  Lesson 3  Analyzing influences | Middle School  Activity Day | HUB |
| **2nd Hour**  **Strength &**  **Conditioning** | Varsity- Legs  JV-Pull  Out Season- Light | Varsity- Push  JV- Legs  Out Season- Cardio | Varsity- Pull  JV- Push  Out Season- Legs | Varsity- Cardio  JV- Gameday  Out Season-Push | Varsity-Gameday  JV-Cardio  Out Season- Pull |
| **4th Hour**  **7th Grade Health** | Tobacco Unit  Lesson 1  Tobacco’s Negative health affects | Tobacco Unit  Lesson 1  Cont. | Tobacco Unit  Lesson 2  Decision Making  Analyzing influences | Middle School  Activity Day | HUB |
| **5th Hour**  **Physical Education** | Strength  Routes/500 | Flag Football | Strength  Wolf pack | Free Day  Due to  Middle school | Cardio  Dodgeball |
| **6th Hour**  **7th Grade Health** | Tobacco Unit  Lesson 1  Tobacco’s Negative health affects | Tobacco Unit  Lesson 1  Cont. | Tobacco Unit  Lesson 2  Decision Making  Analyzing influences | Middle School  Activity Day | HUB |
| **7th Hour**  **Lifetime Fitness** |  | Volleyball Tournament | Volleyball Tournament | Free Day  Due to  Middle school |  |

**McDonald Weekly Lesson Plans**

**2016-17**

**October 31– November 4**

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| **1st Hour**  **7th Grade Health** | Tobacco Unit  Lesson 4  Positive Decision Making | Tobacco Unit  Lesson 5  Refusal Skills | Tobacco Unit  Test Prep | Fitness Center | Tobacco Unit Test |
| **2nd Hour**  **Strength &**  **Conditioning** | Varsity- Legs  JV-Pull  Out Season- Light | Varsity- Push  JV- Legs  Out Season- Cardio | Varsity- Pull  JV- Push  Out Season- Legs | Cardio | Cardio |
| **4th Hour**  **7th Grade Health** | Tobacco Unit  Lesson 4  Positive Decision Making | Tobacco Unit  Lesson 5  Refusal Skills | Tobacco Unit  Test Prep | Fitness Center | Tobacco Unit Test |
| **5th Hour**  **Physical Education** | Intro to Circuits | Flag Football  Wolf Pack | Circuit  Activity Choice | Flag Football  Sharks & Minnows | Cardio  Class Choice Activity (limited) |
| **6th Hour**  **7th Grade Health** | Tobacco Unit  Lesson 4  Positive Decision Making | Tobacco Unit  Lesson 5  Refusal Skills | Tobacco Unit  Test Prep | Fitness Center | Tobacco Unit Test |
| **7th Hour**  **Lifetime Fitness** | Floor Hockey | Floor Hockey | Floor Hockey | Volleyball  Tournament | Class Choice |

**McDonald Weekly Lesson Plans**

**2016-17**

**November 7- November 11**

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| **1st Hour**  **7th Grade Health** | Sex Ed  Lesson 1  Puberty Review  Pre Test | Challenge Day  In the Fitness Center | Sex Ed  Lesson 2  Male Rep. System | Sex Ed  Lesson 3  Female Rep. System | Sex Ed  Lesson 4 & 5  Decision Making  Post Test |
| **2nd Hour**  **Strength &**  **Conditioning** | Student Designed Lifting Plan | Student Designed Lifting Plan | Student Designed Lifting Plan | Fitness Gym  Conditioning | Fitness Gym  Competitive Sports |
| **4th Hour**  **7th Grade Health** | Sex Ed  Lesson 1  Puberty Review  Pre Test | Challenge Day  In the Fitness Center | Sex Ed  Lesson 2  Male Rep. System | Sex Ed  Lesson 3  Female Rep. System | Sex Ed  Lesson 4 & 5  Decision Making  Post Test |
| **5th Hour**  **Physical Education** | Circuit Training | Weight Room  Benching | Circuit Training | Intro to Weight Lifting Schedules | Weight Room  Squats  Wolf Pack  Student Choice |
| **6th Hour**  **7th Grade Health** | Sex Ed  Lesson 1  Puberty Review  Pre Test | Challenge Day  In the Fitness Center | Sex Ed  Lesson 2  Male Rep. System | Sex Ed  Lesson 3  Female Rep. System | Sex Ed  Lesson 4 & 5  Decision Making  Post Test |
| **7th Hour**  **Lifetime Fitness** | Wall Ball | Basketball  Lightning & Thunder | Wall Ball | Basketball  Lightning & Thunder | Lightning  Or  Scatterball  Student Choice |

**McDonald Weekly Lesson Plans**

**2016-17**

**November 14- November 18**

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| **1st Hour**  **7th Grade Health** | HIV & STDs  Lesson 1  Pretest  HIV | HIV & STDs  Lesson 2  STDs | HIV & STDs  Lesson 3 &4  Making Healthy Choices | Fitness Gym | HIV & STDs  Lesson 5  Post Test |
| **2nd Hour**  **Strength &**  **Conditioning** | Student Designed Lifting Plan | Student Designed Lifting Plan | Student Designed Lifting Plan | Fitness Gym  Conditioning | Fitness Gym  Competitive Sports |
| **4th Hour**  **7th Grade Health** | HIV & STDs  Lesson 1  Pretest  HIV | HIV & STDs  Lesson 2  STDs | HIV & STDs  Lesson 3 &4  Making Healthy Choices | Fitness Gym | HIV & STDs  Lesson 5  Post Test |
| **5th Hour**  **Physical Education** | Circuit Training  Capture the Flag (cardio) | Weight Room  Biceps | Circuit Training  Alt. Capture the Flag Game (cardio) | Weight Room  Triceps | Weight Room  Legs |
| **6th Hour**  **7th Grade Health** | HIV & STDs  Lesson 1  Pretest  HIV | HIV & STDs  Lesson 2  STDs | HIV & STDs  Lesson 3 &4  Making Healthy Choices | Fitness Gym | HIV & STDs  Lesson 5  Post Test |
| **7th Hour**  **Lifetime Fitness** | Wall Soccer | Wall Soccer | 5 on 5 Basketball Tournament | 5 on 5 Basketball Tournament | Wall Soccer or Lightning |

**McDonald Weekly Lesson Plans**

**2016-17**

**November 21- November 25**

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| **1st Hour**  **7th Grade Health** | Nutrition & Physical Activity Unit Recap/Revisited | Fitness Gym | ½ Day  Work on Healthy Choices Project | No School | No School |
| **2nd Hour**  **Strength &**  **Conditioning** | Student Lifting Plans | Competitive Basketball Games | ½ Day  Free Day | No School | No School |
| **4th Hour**  **7th Grade Health** | Nutrition & Physical Activity Unit Recap/Revisited | Fitness Gym | ½ Day  Work on Healthy Choices Project | No School | No School |
| **5th Hour**  **Physical Education** | Circuit Training  Basketball Games | Weight Room  Specific Lifts | ½ Day  Free Day | No School | No School |
| **6th Hour**  **7th Grade Health** | Nutrition & Physical Activity Unit Recap/Revisited | Fitness Gym | ½ Day  Work on Healthy Choices Project | No School | No School |
| **7th Hour**  **Lifetime Fitness** | Basketball Tournament | Basketball Tournament | ½ Day  Free Day | No School | No School |

**McDonald Weekly Lesson Plans**

**2016-17**

**November 28- December 2**

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| --- | --- | --- | --- | --- | --- |
| **1st Hour**  **7th Grade Health** |  |  |  |  |  |
| **2nd Hour**  **Strength &**  **Conditioning** |  |  |  |  |  |
| **4th Hour**  **7th Grade Health** |  |  |  |  |  |
| **5th Hour**  **Physical Education** |  |  |  |  |  |
| **6th Hour**  **7th Grade Health** |  |  |  |  |  |
| **7th Hour**  **Lifetime Fitness** |  |  |  |  |  |

**McDonald Weekly Lesson Plans**

**2016-17**

**December 5- December 9**

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| **1st Hour**  **7th Grade Health** |  |  |  |  |  |
| **2nd Hour**  **Strength &**  **Conditioning** |  |  |  |  |  |
| **4th Hour**  **7th Grade Health** |  |  |  |  |  |
| **5th Hour**  **Physical Education** |  |  |  |  |  |
| **6th Hour**  **7th Grade Health** |  |  |  |  |  |
| **7th Hour**  **Lifetime Fitness** |  |  |  |  |  |

**McDonald Weekly Lesson Plans**

**2016-17**

**December 12- December 16**

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| --- | --- | --- | --- | --- | --- |
| **1st Hour**  **7th Grade Health** |  |  |  |  |  |
| **2nd Hour**  **Strength &**  **Conditioning** |  |  |  |  |  |
| **4th Hour**  **7th Grade Health** |  |  |  |  |  |
| **5th Hour**  **Physical Education** |  |  |  |  |  |
| **6th Hour**  **7th Grade Health** |  |  |  |  |  |
| **7th Hour**  **Lifetime Fitness** |  |  |  |  |  |

**McDonald Weekly Lesson Plans**

**2016-17**

**December 19- December 23**

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| --- | --- | --- | --- | --- | --- |
| **1st Hour**  **7th Grade Health** |  |  |  |  |  |
| **2nd Hour**  **Strength &**  **Conditioning** |  |  |  |  |  |
| **4th Hour**  **7th Grade Health** |  |  |  |  |  |
| **5th Hour**  **Physical Education** |  |  |  |  |  |
| **6th Hour**  **7th Grade Health** |  |  |  |  |  |
| **7th Hour**  **Lifetime Fitness** |  |  |  |  |  |