**McDonald Weekly Lesson Plans**

**2016-17**

**August 24 – August 26**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **1st Hour****7th Grade Health** |  |  | Half DayIntro to Class | Social & EmotionalHealthLesson 1 | Social & EmotionalHealthLesson 2 |
| **2nd Hour****Strength &****Conditioning** |  |  | Half DayIntro to Class | Intro to Lift DaysProper Squats | Half DayProper Bench |
| **4th Hour****7th Grade Health** |  |  | Half DayIntro to Class | Social & EmotionalHealthLesson 1 | Social & EmotionalHealthLesson 2 |
| **5th Hour****Physical Education** |  |  | Half DayIntro to Class | Intro to Volleyball | Half DayVolleyballRally Game |
| **6th Hour****7th Grade Health** |  |  | Half DayIntro to Class | Social & EmotionalHealthLesson 1 | Social & EmotionalHealthLesson 2 |
| **7th Hour****Lifetime Fitness** |  |  | Half DayIntro to Class | Tennis | Half dayVolleyball |

**McDonald Weekly Lesson Plans**

**2016-17**

**August 29 – September 1**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **1st Hour****7th Grade Health** | *Social &* *Emotional Health**Lesson 3*Dealing with StressGroup work for stress relief presentations | *Social &* *Emotional Health**Lesson 4* Dealing W/ Stress Cont. Groups Present | Social & Emotional HealthLesson 5 Managing AngerListening Tips (Active Listening) | Social & Emotional HealthLesson 5 cont.EmpathyI-Statements |  |
| **2nd Hour****Strength &****Conditioning** | Review Squats Review BenchActivity- Ultimate Football | Intro to InclinePressIntro to MilitaryPress | Individual Weight lifting plans | Weight room walk through |  |
| **4th Hour****7th Grade Health** | *Social &* *Emotional Health**Lesson 3*Dealing with StressGroup work for stress relief presentations | *Social &* *Emotional Health**Lesson 4* Dealing W/ Stress Cont.Groups Present | Social & Emotional HealthLesson 5 Managing AngerListening Tips (Active Listening) | Social & Emotional HealthLesson 5 cont.EmpathyI-Statements |  |
| **5th Hour****Physical Education** | Volleyball UnitIntro to Sets & BumpsPartner Practice | VolleyballPartner practiceIntro to Serving | VolleyballRules and RotationGame play | VolleyballGame playRound Robin |  |
| **6th Hour****7th Grade Health** | *Social &* *Emotional Health**Lesson 3*Dealing with StressGroup work for stress relief presentations | *Social &* *Emotional Health**Lesson 4* Dealing W/ Stress Cont.Groups Present | Social & Emotional HealthLesson 5 Managing AngerListening Tips (Active Listening) | Social & Emotional HealthLesson 5 cont.EmpathyI-Statements |  |
| **7th Hour****Lifetime Fitness** | CircuitFitness CenterActivities | Tennis | CircuitFitness CenterActivities | Tennis |  |

 **McDonald Weekly Lesson Plans**

**2016-17**

**September 5 – September 8**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **1st Hour****7th Grade Health** | *Social &* *Emotional Health**Lesson 6*Empathy & Sympathy | *Social &* *Emotional Health**Lesson 7*Decision Making &Problem Solving | Social & Emotional HealthLesson 8Conflict Resolution | Social & Emotional HealthLesson 9Taking 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 HealthLesson 8Conflict Resolution | Social & Emotional HealthLesson 9Taking Control |  |
| **5th Hour****Physical Education** | Intro to Fitness Center | VolleyballGame PlaySkill Testing | Fitness CenterStudent Choice Activity | VolleyballGame Play |  |
| **6th Hour****7th Grade Health** | *Social &* *Emotional Health**Lesson 6*Empathy & Sympathy | *Social &* *Emotional Health**Lesson 7*Decision Making &Problem Solving | Social & Emotional HealthLesson 8Conflict Resolution | Social & Emotional HealthLesson 9Taking Control |  |
| **7th Hour****Lifetime Fitness** | CircuitFitness CenterActivities | Tennis | CircuitFitness CenterActivities | Tennis |  |

 **McDonald Weekly Lesson Plans**

**2016-17**

**September 12 – September 16**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **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- LegsJV-PullOut Season- Light | Varsity- PushJV- LegsOut Season- Cardio | Varsity- PullJV- PushOut Season- Legs | Varsity- CardioJV- GamedayOut Season-Push | VarsityGamedayJV-CardioOut 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 CenterStudent Choice Activity | VolleyballGame play | Fitness CenterBadminton & Basketball | VolleyballGame 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** | CircuitFitness CenterActivities | Tennis | CircuitFitness CenterActivities | Tennis | Fitness CenterActivities |

 **McDonald Weekly Lesson Plans**

**2016-17**

 **September 19 – September 23**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **1st Hour****7th Grade Health** | Nutrition & P.A.Lesson 1My Plate | Nutrition & P.A.Lesson 1My Plate | Nutrition & P.A.Lesson 2More on MyPlate | Nutrition & P.A.Lesson 2More on MyPlate | Physical EducationDay |
| **2nd Hour****Strength &****Conditioning** | Varsity- LegsJV-PullOut Season- Light | Varsity- PushJV- LegsOut Season- Cardio | Varsity- PullJV- PushOut Season- Legs | Varsity- CardioJV- GamedayOut Season-Push | Varsity-GamedayJV-CardioOut Season- Pull |
| **4th Hour****7th Grade Health** | Nutrition & P.A.Lesson 1My Plate | Nutrition & P.A.Lesson 1My Plate | Nutrition & P.A.Lesson 2More on MyPlate | Nutrition & P.A.Lesson 2More on MyPlate | Physical EducationDay |
| **5th Hour****Physical Education** | BadmintonRulesForehand/Backhand | Fitness CenterStudent Choice Activity  | Badminton Bracket Begins | Fitness CenterStudent Choice Activity | Ultimate Football |
| **6th Hour****7th Grade Health** | Nutrition & P.A.Lesson 1My Plate | Nutrition & P.A.Lesson 1My Plate | Nutrition & P.A.Lesson 2More on MyPlate | Nutrition & P.A.Lesson 2More on MyPlate | Physical EducationDay |
| **7th Hour****Lifetime Fitness** | CircuitFitness CenterActivities | Tennis | CircuitFitness CenterActivities | Tennis | Fitness CenterActivities |

**McDonald Weekly Lesson Plans**

**2016-17**

 **September 26 – September 30**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **1st Hour****7th Grade Health** | Nutrition & P.A.Lesson 3Evaluate Personal Diets | Nutrition & P.A.Lesson 3Cont.Evaluate Personal Diets | Nutrition & P.A.Make-Up Catch-Up Day | Nutrition & P.A.Lesson 4Physical Activity | Nutrition & P.A.Lesson 5Body Image |
| **2nd Hour****Strength &****Conditioning** | Varsity- LegsJV-PullOut Season- Light | Varsity- PushJV- LegsOut Season- Cardio | Varsity- PullJV- PushOut Season- Legs | Varsity- CardioJV- GamedayOut Season-Push | Varsity-GamedayJV-CardioOut Season- Pull |
| **4th Hour****7th Grade Health** | Nutrition & P.A.Lesson 3Evaluate Personal Diets | Nutrition & P.A.Lesson 3Cont.Evaluate Personal Diets | Nutrition & P.A.Make-Up Catch-Up Day | Nutrition & P.A.Lesson 4Physical Activity | Nutrition & P.A.Lesson 5Body Image |
| **5th Hour****Physical Education** | BadmintonRulesTournament | Fitness CenterStudent Choice Activity  | Badminton Tournament | Fitness CenterStudent Choice Activity | Badminton Tournament |
| **6th Hour****7th Grade Health** | Nutrition & P.A.Lesson 3Evaluate Personal Diets | Nutrition & P.A.Lesson 3Cont.Evaluate Personal Diets | Nutrition & P.A.Make-Up Catch-Up Day | Nutrition & P.A.Lesson 4Physical Activity | Nutrition & P.A.Lesson 5Body Image |
| **7th Hour****Lifetime Fitness** |  BadmintonTournament |  BadmintonTournament |  BadmintonTournament |  BadmintonTournament | Fitness CenterActivities |

**McDonald Weekly Lesson Plans**

**2016-17**

 **October 3 – October 7**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **1st Hour****7th Grade Health** | Nutrition & P.A.Lesson 6Power Calories | Nutrition & P.A.Lesson 6 Cont.Power Calories | Nutrition & P.A.Lesson 7Food Packaging Tricks & Claims | Nutrition & P.A.Fitness GymPhysical ActivityDay | Nutrition & P.A.Lesson 7 ContFood Advertising |
| **2nd Hour****Strength &****Conditioning** | Varsity- LegsJV-PullOut Season- Light | Varsity- PushJV- LegsOut Season- Cardio | Varsity- PullJV- PushOut Season- Legs | Varsity- CardioJV- GamedayOut Season-Push | Varsity-GamedayJV-CardioOut Season- Pull |
| **4th Hour****7th Grade Health** | Nutrition & P.A.Lesson 6Power Calories | Nutrition & P.A.Lesson 6 Cont.Power Calories | Nutrition & P.A.Lesson 7Food Packaging Tricks & Claims | Nutrition & P.A.Fitness GymPhysical ActivityDay | Nutrition & P.A.Lesson 7 ContFood Advertising |
| **5th Hour****Physical Education** | Strength DayBadminton Tournament | Cardio DayBadminton Tournament | Strength DayBadminton Tournament | Cardio DayBadminton Tournament | Student Choice Activity |
| **6th Hour****7th Grade Health** | Nutrition & P.A.Lesson 6Power Calories | Nutrition & P.A.Lesson 6 Cont.Power Calories | Nutrition & P.A.Lesson 7Food Packaging Tricks & Claims | Nutrition & P.A.Fitness GymPhysical ActivityDay | Nutrition & P.A.Lesson 7 ContFood Advertising |
| **7th Hour****Lifetime Fitness** | Badminton Tournament | Tennis | Badminton Tournament | Tennis | Class Choice Activity |

**McDonald Weekly Lesson Plans**

**2016-17**

 **October 10 – October 14**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **1st Hour****7th Grade Health** | Nutrition & P.A.Lesson 8Fast Food | Nutrition & P.A.PE Day @ Fitness center | Nutrition & P.A.Lesson 8Cont.Fast Food | Nutrition & P.A.Fitness GymPhysical ActivityDay | Nutrition & P.A.Lesson 8Cont.Fast Food  |
| **2nd Hour****Strength &****Conditioning** | Varsity- LegsJV-PullOut Season- Light | Varsity- PushJV- LegsOut Season- Cardio | Varsity- PullJV- PushOut Season- Legs | Varsity- CardioJV- GamedayOut Season-Push | Varsity-GamedayJV-CardioOut Season- Pull |
| **4th Hour****7th Grade Health** | Nutrition & P.A.Lesson 8Fast Food | Nutrition & P.A.PE Day @ Fitness center | Nutrition & P.A.Lesson 8Cont.Fast Food | Nutrition & P.A.Fitness GymPhysical ActivityDay | Nutrition & P.A.Lesson 8Cont.Fast Food  |
| **5th Hour****Physical Education** | Strength DayUltimate Football | Cardio DayFootballIntro to pass | Strength DayFootballRoutes | Cardio DayFootballFlag Rules | Flag Football |
| **6th Hour****7th Grade Health** | Nutrition & P.A.Lesson 8Fast Food | Nutrition & P.A.PE Day @ Fitness center | Nutrition & P.A.Lesson 8Cont.Fast Food | Nutrition & P.A.Fitness GymPhysical ActivityDay | Nutrition & P.A.Lesson 8Cont.Fast Food  |
| **7th Hour****Lifetime Fitness** | Fitness Center Activities | Begin Volleyball Tournament | VolleyballTournament | Volleyball Tournament | Student Choice Activity |

**McDonald Weekly Lesson Plans**

**2016-17**

 **October 17– October 21**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **1st Hour****7th Grade Health** | Nutrition & P.A.Lesson 9Healthy Cafeteria Food | Nutrition & P.A.Lesson 10Persuasion & Refusal | Nutrition & P.A.Lesson 11Personal Health Plan | Nutrition & P.A.Fitness GymPhysical ActivityDay | Nutrition & P.A.Test Prep for unit test |
| **2nd Hour****Strength &****Conditioning** | Varsity- LegsJV-PullOut Season- Light | Varsity- PushJV- LegsOut Season- Cardio | Varsity- PullJV- PushOut Season- Legs | Varsity- CardioJV- GamedayOut Season-Push | Varsity-GamedayJV-CardioOut Season- Pull |
| **4th Hour****7th Grade Health** | Nutrition & P.A.Lesson 9Healthy Cafeteria Food | Nutrition & P.A.Lesson 10Persuasion & Refusal | Nutrition & P.A.Lesson 11Personal Health Plan | Nutrition & P.A.Fitness GymPhysical ActivityDay | Nutrition & P.A.Test Prep for unit test |
| **5th Hour****Physical Education** | Strength DayReview PassFlag Football | Cardio DayFitness Center Lifting Program Intro | Strength DaySubstituteStations | Cardio DaySubstituteStations | Student Choice(if sub report is good) |
| **6th Hour****7th Grade Health** | Nutrition & P.A.Lesson 9Healthy Cafeteria Food | Nutrition & P.A.Lesson 10Persuasion & Refusal | Nutrition & P.A.Lesson 11Personal Health Plan | Nutrition & P.A.Fitness GymPhysical ActivityDay | Nutrition & P.A.Test Prep for unit test |
| **7th Hour****Lifetime Fitness** | Volleyball Tournament | Volleyball Tournament | SubstituteChoice Activities | SubstituteChoice Activities | Student Choice |

**McDonald Weekly Lesson Plans**

**2016-17**

 **October 24– October 28**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **1st Hour****7th Grade Health** | Tobacco UnitLesson 1Tobacco’s Negative health affects | Tobacco UnitLesson 2Decision Making | Tobacco UnitLesson 3Analyzing influences | Middle SchoolActivity Day | HUB |
| **2nd Hour****Strength &****Conditioning** | Varsity- LegsJV-PullOut Season- Light | Varsity- PushJV- LegsOut Season- Cardio | Varsity- PullJV- PushOut Season- Legs | Varsity- CardioJV- GamedayOut Season-Push | Varsity-GamedayJV-CardioOut Season- Pull |
| **4th Hour****7th Grade Health** | Tobacco UnitLesson 1Tobacco’s Negative health affects | Tobacco UnitLesson 1Cont. | Tobacco UnitLesson 2Decision MakingAnalyzing influences | Middle SchoolActivity Day | HUB |
| **5th Hour****Physical Education** | Strength Routes/500 | Flag Football | StrengthWolf pack | Free DayDue to Middle school | CardioDodgeball |
| **6th Hour****7th Grade Health** | Tobacco UnitLesson 1Tobacco’s Negative health affects | Tobacco UnitLesson 1Cont. | Tobacco UnitLesson 2Decision MakingAnalyzing influences | Middle SchoolActivity Day | HUB |
| **7th Hour****Lifetime Fitness** |  | Volleyball Tournament | Volleyball Tournament | Free DayDue to Middle school |  |

**McDonald Weekly Lesson Plans**

**2016-17**

 **October 31– November 4**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **1st Hour****7th Grade Health** | Tobacco UnitLesson 4Positive Decision Making | Tobacco UnitLesson 5Refusal Skills | Tobacco UnitTest Prep | Fitness Center | Tobacco Unit Test |
| **2nd Hour****Strength &****Conditioning** | Varsity- LegsJV-PullOut Season- Light | Varsity- PushJV- LegsOut Season- Cardio | Varsity- PullJV- PushOut Season- Legs | Cardio | Cardio |
| **4th Hour****7th Grade Health** | Tobacco UnitLesson 4Positive Decision Making | Tobacco UnitLesson 5Refusal Skills | Tobacco UnitTest Prep | Fitness Center | Tobacco Unit Test |
| **5th Hour****Physical Education** | Intro to Circuits | Flag FootballWolf Pack | CircuitActivity Choice | Flag FootballSharks & Minnows | CardioClass Choice Activity (limited) |
| **6th Hour****7th Grade Health** | Tobacco UnitLesson 4Positive Decision Making | Tobacco UnitLesson 5Refusal Skills | Tobacco UnitTest Prep | Fitness Center | Tobacco Unit Test |
| **7th Hour****Lifetime Fitness** | Floor Hockey | Floor Hockey | Floor Hockey | VolleyballTournament | Class Choice |

**McDonald Weekly Lesson Plans**

**2016-17**

 **November 7- November 11**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **1st Hour****7th Grade Health** | Sex EdLesson 1Puberty ReviewPre Test | Challenge DayIn the Fitness Center | Sex EdLesson 2Male Rep. System | Sex EdLesson 3Female Rep. System | Sex Ed Lesson 4 & 5Decision MakingPost Test |
| **2nd Hour****Strength &****Conditioning** | Student Designed Lifting Plan | Student Designed Lifting Plan | Student Designed Lifting Plan | Fitness GymConditioning | Fitness GymCompetitive Sports |
| **4th Hour****7th Grade Health** | Sex EdLesson 1Puberty ReviewPre Test | Challenge DayIn the Fitness Center | Sex EdLesson 2Male Rep. System | Sex EdLesson 3Female Rep. System | Sex Ed Lesson 4 & 5Decision MakingPost Test |
| **5th Hour****Physical Education** | Circuit Training | Weight RoomBenching | Circuit Training | Intro to Weight Lifting Schedules | Weight RoomSquatsWolf PackStudent Choice |
| **6th Hour****7th Grade Health** | Sex EdLesson 1Puberty ReviewPre Test | Challenge DayIn the Fitness Center | Sex EdLesson 2Male Rep. System | Sex EdLesson 3Female Rep. System | Sex Ed Lesson 4 & 5Decision MakingPost Test |
| **7th Hour****Lifetime Fitness** | Wall Ball | BasketballLightning & Thunder | Wall Ball | BasketballLightning & Thunder | Lightning OrScatterballStudent Choice |

**McDonald Weekly Lesson Plans**

**2016-17**

 **November 14- November 18**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **1st Hour****7th Grade Health** | HIV & STDsLesson 1PretestHIV | HIV & STDsLesson 2STDs | HIV & STDsLesson 3 &4Making Healthy Choices | Fitness Gym | HIV & STDs Lesson 5Post Test |
| **2nd Hour****Strength &****Conditioning** | Student Designed Lifting Plan | Student Designed Lifting Plan | Student Designed Lifting Plan | Fitness GymConditioning | Fitness GymCompetitive Sports |
| **4th Hour****7th Grade Health** | HIV & STDsLesson 1PretestHIV | HIV & STDsLesson 2STDs | HIV & STDsLesson 3 &4Making Healthy Choices | Fitness Gym | HIV & STDs Lesson 5Post Test |
| **5th Hour****Physical Education** | Circuit TrainingCapture the Flag (cardio) | Weight RoomBiceps | Circuit TrainingAlt. Capture the Flag Game (cardio) | Weight RoomTriceps | Weight RoomLegs |
| **6th Hour****7th Grade Health** | HIV & STDsLesson 1PretestHIV | HIV & STDsLesson 2STDs | HIV & STDsLesson 3 &4Making Healthy Choices | Fitness Gym | HIV & STDs Lesson 5Post 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**

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

**McDonald Weekly Lesson Plans**

**2016-17**

 **November 28- December 2**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **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**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **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**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **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**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **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** |  |  |  |  |  |