

		Weekly Lessons			
		Teacher: Ashley Herber	Week of: May 14 - 18, 2012		
		School: St. Margaret Mary	2nd Semester Week 17		
		Class Physical Education			
	6 - 215 8:25-8:55	5 - 211 8:55-9:25	3 - 113 10:05-10:25	7 - 203 10:37-11:19	
Monday	Finish Field Day Sign Up Warm Up - Static and Dynamic Stretches Team Dodgeball	Finish Field Day Sign Up Warm Up - Static and Dynamic Stretches Team Dodgeball	Finish Field Day Sign Up Warm Up - Static and Dynamic Stretches Team Dodgeball	Warm Up - Static and Dynamic Stretches Lesson Focus - Fitness Mile Time	
	6 - 213 8:25-8:55	5 - 212 8:55-9:25	K - 102 9:30-10	3 - 115 10:05-10:35	
Tuesday	Finish Field Day Sign Up Warm Up - Static and Dynamic Stretches Team Dodgeball	Finish Field Day Sign Up Warm Up - Static and Dynamic Stretches Team Dodgeball	Finish Field Day Sign Up Warm Up - Static and Dynamic Stretches Team Dodgeball	Finish Field Day Sign Up Warm Up - Static and Dynamic Stretches Team Dodgeball	
	K - 104 9:30-10	3 - 113 10:05-10:35	7 - 203 10:37-11:19	8 - 207 11:21-12:03	
Wednesday	Finish Field Day Sign Up Warm Up - Static and Dynamic Stretches Team Dodgeball	Warm Up - Practice 3 Leg Races Lesson Focus - Nutrition Tag	Fitness Testing - Vertical Jump, Flexibility, Agility, Endurance	Fitness Testing - Vertical Jump, Flexibility, Agility, Endurance	
	5 - 211 8:25-8:55	5 - 212 8:55-9:25	3 - 115 10:05-10:35	7 - 201 10:37-11:19	
Thursday	No Class - All School Mass	No Class - All School Mass	Warm Up - Practice 3 Leg Races Lesson Focus - Nutrition Tag	Fitness Testing - Vertical Jump, Flexibility, Agility, Endurance	
	K - 102 8:55-9:25	K - 104 9:30-10	6 - 215 10:05-10:35	6 - 213 10:40-11:10	
Friday	Warm Up - Practice 3 Leg Races & Big Wheel Lesson Focus - Nutrition Tag	Warm Up - Practice 3 Leg Races & Big Wheel Lesson Focus - Nutrition Tag	Warm Up - Static and Dynamic Stretches Lesson Focus - Fitness Mile Time	Warm Up - Static and Dynamic Stretches Lesson Focus - Fitness Mile Time	

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Teacher: Ashley Herber		Week of: May 14 - 18, 2012			
School: St. Margaret Mary		2nd Semester Week 17			
Class Physical Education					
8 - 207 11:21-12:03	1 - 105 1:15-1:45	1 - 107 1:50-2:20	2 - 101 2:25-2:55		
Warm Up - Static and Dynamic Stretches Lesson Focus - Fitness Mile Time	Finish Field Day Sign Up Warm Up - Static and Dynamic Stretches Team Dodgeball	Finish Field Day Sign Up Warm Up - Static and Dynamic Stretches Team Dodgeball	Finish Field Day Sign Up Warm Up - Static and Dynamic Stretches Team Dodgeball	Monday	
7 - 201 10:37-11:19	8 - 206 11:21-12:03	2 - 101 1:50-2:20	2 - 103 2:25-2:55		
Warm Up - Static and Dynamic Stretches Lesson Focus - Fitness Mile Time	Warm Up - Static and Dynamic Stretches Lesson Focus - Fitness Mile Time	Warm Up - Practice 3 Leg Races Lesson Focus - Nutrition Tag	Finish Field Day Sign Up Warm Up - Static and Dynamic Stretches Team Dodgeball	Tuesday	
K - 104 1:15-1:45	4 - 111 1:50-2:20	4 - 110 2:25-2:55			
Finish Field Day Sign Up Warm Up - Practice 3 leg race & big wheel Team Dodgeball	Finish Field Day Sign Up Warm Up - Static and Dynamic Stretches Team Dodgeball	Finish Field Day Sign Up Warm Up - Static and Dynamic Stretches Team Dodgeball			Wednesday
8 - 206 11:21-12:03	1 - 105 1:15-1:45	1 - 107 1:50-2:20	2 - 103 2:25-2:55		
Fitness Testing - Vertical Jump, Flexibility, Agility, Endurance	Warm Up - Practice 3 Leg Races & Big Wheel Lesson Focus - Nutrition Tag	Warm Up - Practice 3 Leg Races & Big Wheel Lesson Focus - Nutrition Tag	Warm Up - Practice 3 Leg Races & Big Wheel Lesson Focus - Nutrition Tag	Thursday	
K - 104 1:15-1:45	4 - 111 1:50-2:20	4 - 110 2:25-2:55			
No Class - 8th grade Field Day	No Class - 8th grade Field Day	No Class - 8th grade Field Day			Friday