

PTSD LESSON PLAN FORM
Week of: November 25-27, 2019

	TEACHER: Yackovich	SUBJECT: Physical Education 6, 7 & 8
M O N D A Y	<p><u>Objective(s):</u> Students will discover the relaxation property of yoga</p> <p><u>Activity(ies):</u> Students will participate in a yoga stretch class.</p> <p><u>Informal/Formal Assessment:</u> active participation</p> <p><u>Homework:</u></p>	
T U E S D A Y	<p><u>HEALTH CLASS TODAY.</u></p>	
W E D N E S D A Y	<p><u>Objective(s):</u> Students will have fun and exercise to burn some calories ahead of Thanksgiving.</p> <p><u>Activity(ies):</u> Students will participate in a Turkey Trot Relay race.</p> <p><u>Informal/Formal Assessment:</u> active participation</p> <p><u>Homework:</u></p>	
T H U R S D A Y	<p>NO SCHOOL</p>	
F R I D A Y	<p>NO SCHOOL</p>	