

## Grades 6-7 Calamity Lesson Plans for Mrs. Jackson

### Calamity Day #6 Physical Fitness

10-20 Push-ups

### Calamity Day #7 Physical Fitness

10-20 Sit-ups

### Calamity Day # 8 Physical Fitness

20 Jumping Jacks

Goal: To improve physical fitness

Standards: State 1-6

Rubric: To improve student fitness and will be done in physical education class upon return.