<table>
<thead>
<tr>
<th>LESSON PLANS</th>
<th>WEEK OF: November 19th - 21st</th>
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</thead>
<tbody>
<tr>
<td><strong>Health Class</strong></td>
<td>FE.6.1 Investigates the benefits of lifetime activities and how they contribute to achieving and maintaining a health-enhancing level of physical activity and fitness.</td>
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<tr>
<td>Ball Tag</td>
<td>Chapter 22 Review</td>
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<td>Students Choice</td>
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**Objective:**
- Investigates the benefits of lifetime activities and how they contribute to achieving and maintaining a health-enhancing level of physical activity and fitness.

**Assign Activity:**
- Ball Tag activity and fitness.

**Objective:**
- Enhancing level of physical activity and fitness.

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