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| **Lesson Plan** | **Class:**  **Sr. High Weight Training** | **Date:** 9/7 |
| **Topic:** intro to legs  |
| **Learning Objectives** | **Standards** | **Materials** |
| The Student Will Be Able To:\*Define where the push and pull muscles of the leg are located\* Demonstrate good form on lifts | PA Standard:10.5.12.D10.5.12 E | Clothes fit for exercise  |
| **Introduction** ❏ **Discussion Question**  ❏ Media ❏ Activate Prior Knowledge | **Strategies*** ~~Think/Pair/Share~~
* Graphic Organizer
* PBL
* ~~Tech Integration~~
* Gamification
* Task Cards
* Peer Teaching
* Self Assessment
* Growth Mindset
* Other:
 |
| I will personally demonstrate each workout with good form, explaining key concepts along with any warnings or risk areas. |
| **Activities** ❏ Whole Group ❏ Small Group ❏ Cooperative Learning ❏ Centers |
| Students will then be asked to get with their workout partners (groups of 2-3)I will circulate the weight room providing feedback |
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| **Evaluation** ❏ **Observation** ❏ Worksheet ❏ Test ❏ Project ❏ Presentation ❏ Published Work ❏ Rubric |
| \*General observation of students exercises  |
| **Differentiation** |
| *Enrichment* |  | *Accomodations* |  |
| I will rotate through the classroom, asking the students what muscle or muscle group they are using the perform the given exercise they are performing |  | Increased amount of one on one time as well as increased amount of observation throughout class. |  |

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