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| **Lesson Plan** | **Class:**  **Jr. High Weight Training** | **Date:** 9/19 |
| **Topic:** Push, Pull, Legs |
| **Learning Objectives** | **Standards** | **Materials** |
| The Student Will Be Able To:Choose whether they would like to workout Push, pull, or legs. It does not matter which one they choose, as long as they get all 3 in consecutive classes. | PA Standard:10.5.9.D10.5.9 E | Athletic wear  |
| **Introduction** ❏ **Discussion Question**  ❏ Media ❏ Activate Prior Knowledge | **Strategies*** Peer Teaching
* Self Assessment
* Growth Mindset
 |
| Brief reminders about spotting and tidiness of weight room  |
| **Activities** ❏ Whole Group ❏ Small Group ❏ Cooperative Learning ❏ Centers |
| We will introduce the various methods for cardio within our weight roomStudents 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 to perform the given exercise they are performing |  | \*Preferential Seating\*Small Group and/or One on One Assistance\*Printed Slides with area for notes\*Extended time for work completion |  |

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