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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.D  10.5.9 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 room  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 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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