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| **Lesson Plan** | **Class:**  **7th Grade PE** | | **Date:** 9/16 |
| **Topic:** Fitness Testing | | | |
| **Learning Objectives** | | **Standards** | **Materials** |
| The Student Will Be Able To:  Understand the meaning behind the fitness test  Follow directions | | PA Standard:  10.5.12. E  10.5.12. C |  |
| **Introduction** ❏ **Discussion Question**  ❏ Media ❏ Activate Prior Knowledge | | | **Strategies**   * Peer Teaching * Self Assessment * Growth Mindset |
| The introduction will be thorough, as this will be the first time these students fitness test. They will be asked to partner up to take each other’s scores | | |
| **Activities** ❏ Whole Group ❏ Small Group ❏ Cooperative Learning ❏ Centers | | |
| \* Fitness testing in the High School gymnasium  2 mins laps  30 seconds pushups  30 seconds sit-ups | | |
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| **Evaluation** ❏ **Observation** ❏ Worksheet ❏ Test ❏ Project ❏ Presentation ❏ Published Work ❏ Rubric | | | |
| \*The evaluations will be done through peer, they will write their partners scores on a small sheet of paper. | | | |
| **Differentiation** | | | |
| *Enrichment* |  | *Accomodations* |  |
| Student performance on the fitness test |  | Increased one on one time, increased observation |  |

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