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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.D  10.5.12 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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