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| **Lesson Plan** | **Class:**  **Jr. High Weight Training (A)** | **Date:** 9/7 |
| **Topic:** Intro to the pull muscles  |
| **Learning Objectives** | **Standards** | **Materials** |
| The Student Will Be Able To:Identify the pull muscles (biceps, back, rear shoulder) and different workouts used for each  | PA Standard:10.4.9 C10.5.9 D | N/A |
| **Introduction** ❏ **Discussion Question**  ❏ Media ❏ Activate Prior Knowledge | **Strategies*** Peer Teaching
* Self-Assessment
* Growth Mindset
 |
| I will demonstrate how to safely and effectively perform each pull exercise |
| **Activities** ❏ Whole Group ❏ Small Group ❏ Cooperative Learning ❏ Centers |
| \* Students will get with their partners of 2-3 people, spotting and helping each other. I will circulate throughout the classroom providing feedback and tips to the class |
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| **Evaluation** ❏ **Observation** ❏ Worksheet ❏ Test ❏ Project ❏ Presentation ❏ Published Work ❏ Rubric |
| \*Class Discussion, individual observations of form and overall understanding of weight room etiquette |
| **Differentiation** |
| *Enrichment* |  | *Accomodations* |  |
| More/less advanced workouts can be shown to different groups based on understanding and ability  |  | \*increased one on one time and attention given throughout class |  |

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