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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 C  10.5.9 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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