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| **Lesson Plan** | **Class:**  **Jr High Weight Training (A)** | | **Date:** 9/9 |
| **Topic:** Intro to leg muscles and working them out | | | |
| **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:  10.4.9 C  10.5.9 D | N/A |
| **Introduction** ❏ **Discussion Question**  ❏ Media ❏ Activate Prior Knowledge | | | **Strategies**   * Peer Teaching * Self Assessment * Growth Mindset |
| I will 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) | | |
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| **Evaluation** ❏ **Observation** ❏ Worksheet ❏ Test ❏ Project ❏ Presentation ❏ Published Work ❏ Rubric | | | |
| Observation of student exercises | | | |
| **Differentiation** | | | |
| *Enrichment* |  | *Accommodations* |  |
| 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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