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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 C10.5.9 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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