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| **Lesson Plan** | **Class:**  **Jr. High Weight Training** | | **Date:** 9/21 |
| **Topic:** Push, Pull, Legs | | | |
| **Learning Objectives** | | **Standards** | **Materials** |
| The Student Will Be Able To:  Choose whether they would like to workout Push, pull, or legs. It does not matter which one they choose, as long as they get all 3 in consecutive classes. | | PA Standard:  10.5.12.D  10.5.12 E | Athletic wear |
| **Introduction** ❏ **Discussion Question**  ❏ Media ❏ Activate Prior Knowledge | | | **Strategies**   * Peer Teaching * Self Assessment * Growth Mindset |
| Brief reminders about spotting and tidiness of weight room | | |
| **Activities** ❏ Whole Group ❏ Small Group ❏ Cooperative Learning ❏ Centers | | |
| We will introduce the various methods for training our obliques and abdomens within our weight room, as well the differences between training the two  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 to perform the given exercise they are performing |  | \*Preferential Seating  \*Small Group and/or One on One Assistance  \*Printed Slides with area for notes  \*Extended time for work completion |  |

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