**Grade: Physical Education 10 Unit: Weight Training Dates: March 23 – 26 Class Duration: 86 mins**

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| **Lesson Number** | **Lesson Title** | **GLO’s** | **SLO’s** | **Learning Activities** | **Assessment** | **Safety** | **Instructional Strategies** | **Equipment** | **Motivation** |
| 1March 23 | **Lower Body** | ABCD | A10-13B10-2C10-3C10-6D10-3 | 1.Discuss proper safety and etiquette in the weight room.2.Explain reps/sets and how to fill out exercise logs.3.Walk around the Weight room, demonstrating the different machines and why we use different machines and free weights to work out. 4.Students will then take the rest of the class to experiment and work out in partners focusing on lower body exercises and doing *at least* 5 mins of cardio. | ObservationExercise Log SheetDiscussionDaily Participation | Outline all safety regulations that must be taken while working out (someone spotting, over lifting, proper technique, potential hazards)Awareness of Others – Working with each other. No bullying or exclusion. | Direct InstructionGuided DiscoveryCooperative Learning | Weight RoomExercise Log SheetsWorkout Differentiation Sheet | Positive ReinforcementModelingMusic |
| 2March 24 | **Upper Body** | ABCD | A10-3B10-2C10-3C10-6D10-3 | 1.Quickly review some safety points and review reps/sets.2.Go around weight room and demonstrate upper body workout. 3.Students will partner up and will work on upper body (arms, shoulders, back) exercises and perform at least 5 mins of cardio while filling out their log book.  | ObservationDiscussionExercise Log SheetDaily Participation | Safety regulations while in the weight room.Awareness of others | Direct InstructionCooperative LearningGuided Discovery | Weight RoomExercise Log SheetsWorkout Differentiation Sheet | Positive ReinforcementModelingMoral DevelopmentMusic |
| 3March 25 | **Core** | ABCD | A10-13B10-3C10-3C10-6D10-3 | 1.Quickly review safety.2. Discuss the FITT Principle2.Go around weight room and demonstrate core workout. 3.Students will get into partners and use the rest of class time to complete their work outs (focusing on core exercises and at least 5 minutes of cardio).  | ObservationDiscussionExercise Log sheetDaily Participation | Safety regulations while in the weight room.Awareness of others | Direct InstructionCooperative LearningFitness for Life Model | Weight RoomExercise Log SheetsWorkout Differentiation Sheet | Positive ReinforcementModelingPersonal ValuesMusic |
| 4March 26 | **Workout Plans** | ABCD | A10-13B10-6C10-3C10-6D10-3 | 1.Quickly review safety.2.Brief discussion on the benefits of physical activity. Discuss benefits to cardio and strength training. 3.Students will partner up and will work on filling out their log books and following their workout plans.  | ObservationExercise Log SheetDiscussion Daily ParticipationSelf Evaluation | Safety regulations while in the weight room.Awareness of others | Direct instructionCooperative LearningGuided Discovery | Weight RoomExercise Log SheetsWorkout Differentiation Sheet | Positive ReinforcementModelingAchievement GoalsMusic |