**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** |
| 1  March 23 | **Lower Body** | A  B  C  D | A10-13  B10-2  C10-3  C10-6  D10-3 | 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. | Observation  Exercise Log Sheet  Discussion  Daily 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 Instruction  Guided Discovery  Cooperative Learning | Weight Room  Exercise Log Sheets  Workout Differentiation Sheet | Positive Reinforcement  Modeling  Music |
| 2  March 24 | **Upper Body** | A  B  C  D | A10-3  B10-2  C10-3  C10-6  D10-3 | 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. | Observation  Discussion  Exercise Log Sheet  Daily Participation | Safety regulations while in the weight room.  Awareness of others | Direct Instruction  Cooperative Learning  Guided Discovery | Weight Room  Exercise Log Sheets  Workout Differentiation Sheet | Positive Reinforcement  Modeling  Moral Development  Music |
| 3  March 25 | **Core** | A  B  C  D | A10-13  B10-3  C10-3  C10-6  D10-3 | 1.Quickly review safety.  2. Discuss the FITT Principle  2.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). | Observation  Discussion  Exercise Log sheet  Daily Participation | Safety regulations while in the weight room.  Awareness of others | Direct Instruction  Cooperative Learning  Fitness for Life Model | Weight Room  Exercise Log Sheets  Workout Differentiation Sheet | Positive Reinforcement  Modeling  Personal Values  Music |
| 4  March 26 | **Workout Plans** | A  B  C  D | A10-13  B10-6  C10-3  C10-6  D10-3 | 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. | Observation  Exercise Log Sheet  Discussion  Daily Participation  Self Evaluation | Safety regulations while in the weight room.  Awareness of others | Direct instruction  Cooperative Learning  Guided Discovery | Weight Room  Exercise Log Sheets  Workout Differentiation Sheet | Positive Reinforcement  Modeling  Achievement Goals  Music |