|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | Monday (Feb. 13) | Tuesday (Feb. 14) | Wednesday (Feb. 15) | Thursday (Feb. 16) | Friday (Feb. 17) |
| ND Standard | Standard 1,2,3,4,5 | Standard 1,2,3,4,5 | Standard 1,2,3,4,5 | Standard 1,2,3,4,5 | Standard 1,2,3,4,5 |
| Topic | Beginning Weights | Beginning Weights | Beginning Weights | Beginning Weights | Beginning Weights |
| Objectives | SWBAT Follow workout plans and execute exercises with proper form and technique | SWBAT Follow workout plans and execute exercises with proper form and technique | SWBAT Follow workout plans and execute exercises with proper form and technique | SWBAT Follow workout plans and execute exercises with proper form and technique | SWBAT Follow workout plans and execute exercises with proper form and technique |
| Bellringer | Stretches and Demonstration | Stretches and Demonstration | Stretches and Demonstration | Stretches and Demonstration | Stretches and Demonstration |
| Lesson Plan | * Students complete printed workout plan | * Students complete printed workout plan | * Students complete printed workout plan | * Students complete printed workout plan | * Students complete printed workout plan |