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|  | Monday (Feb. 20) | Tuesday (Feb. 21) | Wednesday (Feb. 22) | Thursday (Feb. 23) | Friday (Feb. 24) |
| 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 |