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|  | Monday (Feb. 6) | Tuesday (Feb. 7) | Wednesday (Feb. 8) | Thursday (Feb. 9) | Friday (Feb. 10) |
| 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 |  |
| Topic | Beginning Weights | Beginning Weights | Beginning Weights | Beginning Weights | No School |
| 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 |  |
| Bellringer | Stretches and Demonstration | Stretches and Demonstration | Stretches and Demonstration | Stretches and Demonstration | No School |
| Lesson Plan | * Students complete printed workout plan
 | * Students complete printed workout plan
 | * Students complete printed workout plan
 | * Students complete printed workout plan
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