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|  | Monday (Jan. 16) | Tuesday (Jan. 17) | Wednesday (Jan. 18) | Thursday (Jan. 19) | Friday (Jan. 20) |
| 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 | No School |  | Beginning Weights | Muscle Groups | Healthy Behaviors |
| Objectives |  | No School | SWBAT Identify various machines and techniques in the weight room  SWBAT Articulate the importance of safety and following directions | SWBAT Identify various muscle groups on the body and relate them to different exercises | SWBAT Identify safety practices in the weight room and at home when it comes to rest and nutrition |
| Bellringer |  |  |  |  |  |
| Lesson Plan | * No School |  | * Introduce students to the weight room machines, weights, racks, etc. * Outline techniques to safely lift weights | * Students fill out muscle group packet * Students watch demonstrations of exercises and match them to the correct group | * Students work on packet explaining how muscle builds in our body and why we need rest * Students identify healthy eating habits * Students write a paragraph explaining the importance of listening to directions in the weight room |