

**Lesson Plan Form:**

**Weight Training**

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>Activity:</b></p> <p>Class Roll / SYNERGY</p> <p>Dynamic Warm Up</p> <p>DAY 1 WORKOUT -see workout card</p> <p>WEEK __ WORKOUT</p>	<p><b>Activity:</b></p> <p>Class Roll / SYNERGY</p> <p>Dynamic Warm Up</p> <p>DAY 1 WORKOUT -see workout card</p> <p>WEEK __ WORKOUT</p>	<p><b>Activity:</b></p> <p>Class Roll / SYNERGY</p> <p>Dynamic Warm Up</p> <p>DAY 2 WORKOUT -see workout card</p> <p>WEEK __ WORKOUT</p>	<p><b>Activity:</b></p> <p>Class Roll / SYNERGY</p> <p>Dynamic Warm Up</p> <p>DAY 2 WORKOUT -see workout card</p> <p>WEEK __ WORKOUT</p>	<p><b>Activity:</b></p> <p>Class Roll / SYNERGY</p> <p>Dynamic Warm Up</p> <p>Ladder, Grid, Ropes, etc.</p> <p>Active Rest Day</p>
<p><b>Standards:</b></p> <p><b>PEHS.1</b> Demonstrates competency in motor skills and movement patterns needed to perform a variety of physical activities.</p> <p><b>PEHS.2</b> Demonstrates understanding of movement concepts, principles, strategies, and tactics as they apply to the learning and performance of physical activities.</p> <p><b>PEHS.3</b> Participates regularly in physical activity</p> <p><b>PEHS.4</b> Achieves and maintains a health-enhancing level of physical fitness.</p> <p><b>PEHS.5</b> Exhibits responsible personal and social behavior that respects self and others in physical activity settings.</p>	<p><b>Standards:</b></p> <p><b>PEHS.1</b> Demonstrates competency in motor skills and movement patterns needed to perform a variety of physical activities.</p> <p><b>PEHS.2</b> Demonstrates understanding of movement concepts, principles, strategies, and tactics as they apply to the learning and performance of physical activities.</p> <p><b>PEHS.3</b> Participates regularly in physical activity</p> <p><b>PEHS.4</b> Achieves and maintains a health-enhancing level of physical fitness.</p> <p><b>PEHS.5</b> Exhibits responsible personal and social behavior that respects self and others in physical activity settings.</p>	<p><b>Standards:</b></p> <p><b>PEHS.1</b> Demonstrates competency in motor skills and movement patterns needed to perform a variety of physical activities.</p> <p><b>PEHS.2</b> Demonstrates understanding of movement concepts, principles, strategies, and tactics as they apply to the learning and performance of physical activities.</p> <p><b>PEHS.3</b> Participates regularly in physical activity</p> <p><b>PEHS.4</b> Achieves and maintains a health-enhancing level of physical fitness.</p> <p><b>PEHS.5</b> Exhibits responsible personal and social behavior that respects self and others in physical activity settings.</p>	<p><b>Standards:</b></p> <p><b>PEHS.1</b> Demonstrates competency in motor skills and movement patterns needed to perform a variety of physical activities.</p> <p><b>PEHS.2</b> Demonstrates understanding of movement concepts, principles, strategies, and tactics as they apply to the learning and performance of physical activities.</p> <p><b>PEHS.3</b> Participates regularly in physical activity</p> <p><b>PEHS.4</b> Achieves and maintains a health-enhancing level of physical fitness.</p> <p><b>PEHS.5</b> Exhibits responsible personal and social behavior that respects self and others in physical activity settings.</p>	<p><b>Standards:</b></p> <p><b>PEHS.1</b> Demonstrates competency in motor skills and movement patterns needed to perform a variety of physical activities.</p> <p><b>PEHS.2</b> Demonstrates understanding of movement concepts, principles, strategies, and tactics as they apply to the learning and performance of physical activities.</p> <p><b>PEHS.3</b> Participates regularly in physical activity</p> <p><b>PEHS.4</b> Achieves and maintains a health-enhancing level of physical fitness.</p> <p><b>PEHS.5</b> Exhibits responsible personal and social behavior that respects self and others in physical activity settings.</p>
<p><b>Essential Question:</b></p>	<p><b>Essential Question:</b></p>	<p><b>Essential Question:</b></p>	<p><b>Essential Question:</b></p>	<p><b>Essential Question:</b></p>

<p>Why are safety rules important? What is the purpose of a spotter?</p>	<p>Why are safety rules important? What is the purpose of a spotter?</p>	<p>Why is it important to be able to distinguish the different muscle groups you are working?</p>	<p>What is the difference between static and dynamic stretching?</p>	<p>Explain the principle of OVERLOAD, PROGRESSION, and SPECIFICITY?</p>
<p><b>Differentiation:</b></p> <p>Adjust physical activity as necessary for individual physical needs, <b>SIZE</b>, <b>STRENGTH</b> level and or <b>SKILL</b> level</p>	<p><b>Differentiation:</b></p> <p>Adjust physical activity as necessary for individual physical needs, <b>SIZE</b>, <b>STRENGTH</b> level and or <b>SKILL</b> level</p>	<p><b>Differentiation:</b></p> <p>Adjust physical activity as necessary for individual physical needs, <b>SIZE</b>, <b>STRENGTH</b> level and or <b>SKILL</b> level</p>	<p><b>Differentiation:</b></p> <p>Adjust physical activity as necessary for individual physical needs, <b>SIZE</b>, <b>STRENGTH</b> level and or <b>SKILL</b> level</p>	<p><b>Differentiation:</b></p> <p>Adjust physical activity as necessary for individual physical needs, <b>SIZE</b>, <b>STRENGTH</b> level and or <b>SKILL</b> level</p>
<p><b>Assessment:</b></p> <p>Participation in the Warm-Up, Core Training, Agility Work, Resistance Training. Application of Safety Rules.</p>	<p><b>Assessment:</b></p> <p>Participation in the Warm-Up, Core Training, Agility Work, Resistance Training. Application of Safety Rules.</p>	<p><b>Assessment:</b></p> <p>Participation in the Warm-Up, Core Training, Agility Work, Resistance Training. Application of Safety Rules.</p>	<p><b>Assessment:</b></p> <p>Participation in the Warm-Up, Core Training, Agility Work, Resistance Training. Application of Safety Rules.</p>	<p><b>Assessment:</b></p> <p>Participation in the Warm-Up, Core Training, Agility Work, Resistance Training. Application of Safety Rules.</p>