Weekly Lesson Plan (Week 2)

Subject: Weight lifting (1st, 6th, 8th)

Objectives:

Students will be able to demonstrate proper form for each lift

Students will be able to properly spot their partner on each lift

Materials, equipment needed:

Weight room equipment

Introduction Procedure:

Students will change in the locker room and then report to the weight room.

Assessment:

The teacher will be observing to see if students are performing the skill with correct form, if the students are staying on the task at hand and making sure all students are staying active.

Weekly Lesson Plan (Week 3)

Subject: Weight lifting (1st, 6th, 8th)

Objectives:

Students will be able to demonstrate proper form for each lift

Students will be able to properly spot their partner on each lift

Materials, equipment needed:

Weight room equipment

Introduction Procedure:

Students will change in the locker room and then report to the weight room.

Assessment:

The teacher will be observing to see if students are performing the skill with correct form, if the students are staying on the task at hand and making sure all students are staying active.

Weekly Lesson Plan (Week 4)

Subject: Weight lifting (1st, 6th, 8th)

Objectives:

Students will be able to demonstrate proper form for each lift

Students will be able to properly spot their partner on each lift

Materials, equipment needed:

Weight room equipment

Introduction Procedure:

Students will change in the locker room and then report to the weight room.

Assessment:

The teacher will be observing to see if students are performing the skill with correct form, if the students are staying on the task at hand and making sure all students are staying active.

Weekly Lesson Plan (Week 5)

Subject: Weight lifting (1st, 6th, 8th)

Objectives:

Students will be able to demonstrate proper form for each lift

Students will be able to properly spot their partner on each lift

Materials, equipment needed:

Weight room equipment

Introduction Procedure:

Students will change in the locker room and then report to the weight room.

Assessment:

The teacher will be observing to see if students are performing the skill with correct form, if the students are staying on the task at hand and making sure all students are staying active.

Weekly Lesson Plan (Week 6)

Subject: Weight lifting (1st, 6th, 8th)

Objectives:

Students will be able to demonstrate proper form for each lift

Students will be able to properly spot their partner on each lift

Materials, equipment needed:

Weight room equipment

Introduction Procedure:

Students will change in the locker room and then report to the weight room.

Assessment:

The teacher will be observing to see if students are performing the skill with correct form, if the students are staying on the task at hand and making sure all students are staying active.

Weekly Lesson Plan (Week 7)

Subject: Weight lifting (1st, 6th, 8th)

Objectives:

Students will be able to demonstrate proper form for each lift

Students will be able to properly spot their partner on each lift

Materials, equipment needed:

Weight room equipment

Introduction Procedure:

Students will change in the locker room and then report to the weight room.

Assessment:

The teacher will be observing to see if students are performing the skill with correct form, if the students are staying on the task at hand and making sure all students are staying active.

Weekly Lesson Plan (Week 8)

Subject: Weight lifting (1st, 6th, 8th)

Objectives:

Students will be able to demonstrate proper form for each lift

Students will be able to properly spot their partner on each lift

Materials, equipment needed:

Weight room equipment

Introduction Procedure:

Students will change in the locker room and then report to the weight room.

Assessment:

The teacher will be observing to see if students are performing the skill with correct form, if the students are staying on the task at hand and making sure all students are staying active.

Weekly Lesson Plan (Week 9)

Subject: Weight lifting (1st, 6th, 8th)

Objectives:

Students will be able to demonstrate proper form for each lift

Students will be able to properly spot their partner on each lift

Materials, equipment needed:

Weight room equipment

Introduction Procedure:

Students will change in the locker room and then report to the weight room.

Assessment:

The teacher will be observing to see if students are performing the skill with correct form, if the students are staying on the task at hand and making sure all students are staying active.

Weekly Lesson Plan (Week 10)

Subject: Weight lifting (1st, 6th, 8th)

Objectives:

Students will be able to demonstrate proper form for each lift

Students will be able to properly spot their partner on each lift

Materials, equipment needed:

Weight room equipment

Introduction Procedure:

Students will change in the locker room and then report to the weight room.

Assessment:

The teacher will be observing to see if students are performing the skill with correct form, if the students are staying on the task at hand and making sure all students are staying active.

Weekly Lesson Plan (Week 11)

Subject: Weight lifting (1st, 6th, 8th)

Objectives:

Students will be able to demonstrate proper form for each lift

Students will be able to properly spot their partner on each lift

Materials, equipment needed:

Weight room equipment

Introduction Procedure:

Students will change in the locker room and then report to the weight room.

Assessment:

The teacher will be observing to see if students are performing the skill with correct form, if the students are staying on the task at hand and making sure all students are staying active.

Weekly Lesson Plan (Week 12)

Subject: Weight lifting (1st, 6th, 8th)

Objectives:

Students will be able to demonstrate proper form for each lift

Students will be able to properly spot their partner on each lift

Materials, equipment needed:

Weight room equipment

Introduction Procedure:

Students will change in the locker room and then report to the weight room.

Assessment:

The teacher will be observing to see if students are performing the skill with correct form, if the students are staying on the task at hand and making sure all students are staying active.

Weekly Lesson Plan (Week 13)

Subject: Weight lifting (1st, 6th, 8th)

Objectives:

Students will be able to demonstrate proper form for each lift

Students will be able to properly spot their partner on each lift

Materials, equipment needed:

Weight room equipment

Introduction Procedure:

Students will change in the locker room and then report to the weight room.

Assessment:

The teacher will be observing to see if students are performing the skill with correct form, if the students are staying on the task at hand and making sure all students are staying active.

Weekly Lesson Plan (Week 14)

Subject: Weight lifting (1st, 6th, 8th)

Objectives:

Students will be able to demonstrate proper form for each lift

Students will be able to properly spot their partner on each lift

Materials, equipment needed:

Weight room equipment

Introduction Procedure:

Students will change in the locker room and then report to the weight room.

Assessment:

The teacher will be observing to see if students are performing the skill with correct form, if the students are staying on the task at hand and making sure all students are staying active.

Weekly Lesson Plan (Week 15)

Subject: Weight lifting (1st, 6th, 8th)

Objectives:

Students will be able to demonstrate proper form for each lift

Students will be able to properly spot their partner on each lift

Materials, equipment needed:

Weight room equipment

Introduction Procedure:

Students will change in the locker room and then report to the weight room.

Assessment:

The teacher will be observing to see if students are performing the skill with correct form, if the students are staying on the task at hand and making sure all students are staying active.

Weekly Lesson Plan (Week 16)

Subject: Weight lifting (1st, 6th, 8th)

Objectives:

Students will be able to demonstrate proper form for each lift

Students will be able to properly spot their partner on each lift

Materials, equipment needed:

Weight room equipment

Introduction Procedure:

Students will change in the locker room and then report to the weight room.

Assessment:

The teacher will be observing to see if students are performing the skill with correct form, if the students are staying on the task at hand and making sure all students are staying active.

Weekly Lesson Plan (Week 17)

Subject: Weight lifting (1st, 6th, 8th)

Objectives:

Students will be able to demonstrate proper form for each lift

Students will be able to properly spot their partner on each lift

Materials, equipment needed:

Weight room equipment

Introduction Procedure:

Students will change in the locker room and then report to the weight room.

Assessment:

The teacher will be observing to see if students are performing the skill with correct form, if the students are staying on the task at hand and making sure all students are staying active.

Weekly Lesson Plan (Week 18)

Subject: Weight lifting (1st, 6th, 8th)

Objectives:

Students will be able to demonstrate proper form for each lift

Students will be able to properly spot their partner on each lift

Materials, equipment needed:

Weight room equipment

Introduction Procedure:

Students will change in the locker room and then report to the weight room.

Assessment:

The teacher will be observing to see if students are performing the skill with correct form, if the students are staying on the task at hand and making sure all students are staying active.

Weekly Lesson Plan (Week 19)

Subject: Weight lifting (1st, 6th, 8th)

Objectives:

Students will be able to demonstrate proper form for each lift

Students will be able to properly spot their partner on each lift

Materials, equipment needed:

Weight room equipment

Introduction Procedure:

Students will change in the locker room and then report to the weight room.

Assessment:

The teacher will be observing to see if students are performing the skill with correct form, if the students are staying on the task at hand and making sure all students are staying active.

Weekly Lesson Plan (Week 20)

Subject: Weight lifting (1st, 6th, 8th)

Objectives:

Students will be able to demonstrate proper form for each lift

Students will be able to properly spot their partner on each lift

Materials, equipment needed:

Weight room equipment

Introduction Procedure:

Students will change in the locker room and then report to the weight room.

Assessment:

The teacher will be observing to see if students are performing the skill with correct form, if the students are staying on the task at hand and making sure all students are staying active.

Weekly Lesson Plan (Week 21)

Subject: Weight lifting (1st, 6th, 8th)

Objectives:

Students will be able to demonstrate proper form for each lift

Students will be able to properly spot their partner on each lift

Materials, equipment needed:

Weight room equipment

Introduction Procedure:

Students will change in the locker room and then report to the weight room.

Assessment:

The teacher will be observing to see if students are performing the skill with correct form, if the students are staying on the task at hand and making sure all students are staying active.

Weekly Lesson Plan (Week 22)

Subject: Weight lifting (1st, 6th, 8th)

Objectives:

Students will be able to demonstrate proper form for each lift

Students will be able to properly spot their partner on each lift

Materials, equipment needed:

Weight room equipment

Introduction Procedure:

Students will change in the locker room and then report to the weight room.

Assessment:

The teacher will be observing to see if students are performing the skill with correct form, if the students are staying on the task at hand and making sure all students are staying active.

Weekly Lesson Plan (Week 23)

Subject: Weight lifting (1st, 6th, 8th)

Objectives:

Students will be able to demonstrate proper form for each lift

Students will be able to properly spot their partner on each lift

Materials, equipment needed:

Weight room equipment

Introduction Procedure:

Students will change in the locker room and then report to the weight room.

Assessment:

The teacher will be observing to see if students are performing the skill with correct form, if the students are staying on the task at hand and making sure all students are staying active.

Weekly Lesson Plan (Week 24)

Subject: Weight lifting (1st, 6th, 8th)

Objectives:

Students will be able to demonstrate proper form for each lift

Students will be able to properly spot their partner on each lift

Materials, equipment needed:

Weight room equipment

Introduction Procedure:

Students will change in the locker room and then report to the weight room.

Assessment:

The teacher will be observing to see if students are performing the skill with correct form, if the students are staying on the task at hand and making sure all students are staying active.

Weekly Lesson Plan (Week 25)

Subject: Weight lifting (1st, 6th, 8th)

Objectives:

Students will be able to demonstrate proper form for each lift

Students will be able to properly spot their partner on each lift

Materials, equipment needed:

Weight room equipment

Introduction Procedure:

Students will change in the locker room and then report to the weight room.

Assessment:

The teacher will be observing to see if students are performing the skill with correct form, if the students are staying on the task at hand and making sure all students are staying active.

Weekly Lesson Plan (Week 26)

Subject: Weight lifting (1st, 6th, 8th)

Objectives:

Students will be able to demonstrate proper form for each lift

Students will be able to properly spot their partner on each lift

Materials, equipment needed:

Weight room equipment

Introduction Procedure:

Students will change in the locker room and then report to the weight room.

Assessment:

The teacher will be observing to see if students are performing the skill with correct form, if the students are staying on the task at hand and making sure all students are staying active.

Weekly Lesson Plan (Week 27)

Subject: Weight lifting (1st, 6th, 8th)

Objectives:

Students will be able to demonstrate proper form for each lift

Students will be able to properly spot their partner on each lift

Materials, equipment needed:

Weight room equipment

Introduction Procedure:

Students will change in the locker room and then report to the weight room.

Assessment:

The teacher will be observing to see if students are performing the skill with correct form, if the students are staying on the task at hand and making sure all students are staying active.

Weekly Lesson Plan (Week 28)

Subject: Weight lifting (1st, 6th, 8th)

Objectives:

Students will be able to demonstrate proper form for each lift

Students will be able to properly spot their partner on each lift

Materials, equipment needed:

Weight room equipment

Introduction Procedure:

Students will change in the locker room and then report to the weight room.

Assessment:

The teacher will be observing to see if students are performing the skill with correct form, if the students are staying on the task at hand and making sure all students are staying active.

Weekly Lesson Plan (Week 29)

Subject: Weight lifting (1st, 6th, 8th)

Objectives:

Students will be able to demonstrate proper form for each lift

Students will be able to properly spot their partner on each lift

Materials, equipment needed:

Weight room equipment

Introduction Procedure:

Students will change in the locker room and then report to the weight room.

Assessment:

The teacher will be observing to see if students are performing the skill with correct form, if the students are staying on the task at hand and making sure all students are staying active.

Weekly Lesson Plan (Week 30)

Subject: Weight lifting (1st, 6th, 8th)

Objectives:

Students will be able to demonstrate proper form for each lift

Students will be able to properly spot their partner on each lift

Materials, equipment needed:

Weight room equipment

Introduction Procedure:

Students will change in the locker room and then report to the weight room.

Assessment:

The teacher will be observing to see if students are performing the skill with correct form, if the students are staying on the task at hand and making sure all students are staying active.

Weekly Lesson Plan (Week 31)

Subject: Weight lifting (1st, 6th, 8th)

Objectives:

Students will be able to demonstrate proper form for each lift

Students will be able to properly spot their partner on each lift

Materials, equipment needed:

Weight room equipment

Introduction Procedure:

Students will change in the locker room and then report to the weight room.

Assessment:

The teacher will be observing to see if students are performing the skill with correct form, if the students are staying on the task at hand and making sure all students are staying active.

Weekly Lesson Plan (Week 32)

Subject: Weight lifting (1st, 6th, 8th)

Objectives:

Students will be able to demonstrate proper form for each lift

Students will be able to properly spot their partner on each lift

Materials, equipment needed:

Weight room equipment

Introduction Procedure:

Students will change in the locker room and then report to the weight room.

Assessment:

The teacher will be observing to see if students are performing the skill with correct form, if the students are staying on the task at hand and making sure all students are staying active.

Weekly Lesson Plan (Week 33)

Subject: Weight lifting (1st, 6th, 8th)

Objectives:

Students will be able to demonstrate proper form for each lift

Students will be able to properly spot their partner on each lift

Materials, equipment needed:

Weight room equipment

Introduction Procedure:

Students will change in the locker room and then report to the weight room.

Assessment:

The teacher will be observing to see if students are performing the skill with correct form, if the students are staying on the task at hand and making sure all students are staying active.