



# Physical Education Online - Lesson Plan



Lesson Plan Title:

Grade:

## Weight Training

30

### General Outcome A



**Basic Skills:**

**Application of Basic Skills In:**

Alternative Environment

### General Outcome B



Functional Fitness

Body Image

### General Outcome C



### General Outcome D



Safety

## Grade Specific Outcomes

### Activities Teaching Strategies:

1. Introduction (12 min.)

\* Entry Activity

- obtain paper, pencils, w.t. log

\* Attendance

\* Warm ups

- will do later prior to workout

-Note-

i) the first few min will involve individuals planning their programs

2. Lesson Development (34 min.)

(a) Review {of muscles, body types, principles of training}

- verbal review of body types and principles of training

- anatomy game for review of muscles

\* groups of 3

-Note-

i) check the accuracy of their "demos"

(b) New Learning Experiences {develop individual w.t. programs}

\* Demonstration / Explanation

- explain purpose of projects

- explain purposes practicality of program

\* use of community facilities too

-Note-

i) encourage students to consider nutrition as part of their program planning & whether their plan will be "general" or "sport specific"

\* Skill Development & Practice

- check to determine their individual "training weights"

\* Application of Skills & Knowledge / Game

- development of their own fitness and weight training programs

- begin their workout

-Note-

i) mention I will use a copy of each to have on hand

3) Closure (8 min.)

\* Cool Down

- may not be applicable today

\* Summary

- what is to be included as part of your program?

\* Evaluation of Lesson

- how much were you able to write up today?

\* For Next Lesson. . .

- "remember to come in, warm up and begin your individual workout. . ."

-Note-

i)"I will work with each of you as individuals"

**Assessment Strategies:**

Reflection writing to include: practicality of goals, progress, how they feel, goals for next day

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**Equipment:**

- pencils
- weight training logs
- "anatomy game cards"

**Resources:**

**Adaptations:**

none