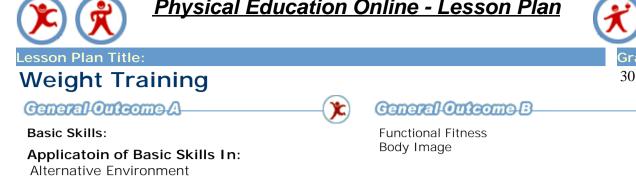
Physical Education Online - Lesson Plan



iii

General Outcome O

Safety

General Outcome D

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 Experences { develop individual w.t. programs}
 - * Demonstration / Explanation
 - explain purpose of projects
 - explain purposes practicality of program
 - * use of community facilities too

-Note-

i)encourge 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-

ade

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 indvidual 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

Equipment:

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

Resources:

Adaptations: none