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|  | Monday (Jan. 30) | Tuesday (Jan. 31) | Wednesday (Feb. 1) | Thursday (Feb. 2) | Friday (Feb. 3) |
| 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 | Beginning Weights | Beginning Weights | Beginning Weights | Beginning Weights | Beginning Weights |
| Objectives | SWBAT Follow workout plans and execute exercises with proper form and technique | SWBAT Follow workout plans and execute exercises with proper form and technique | SWBAT Follow workout plans and execute exercises with proper form and technique | SWBAT Follow workout plans and execute exercises with proper form and technique | SWBAT Follow workout plans and execute exercises with proper form and technique |
| Bellringer | Stretches and Demonstration | Stretches and Demonstration | Stretches and Demonstration | Stretches and Demonstration | Stretches and Demonstration |
| Lesson Plan | * Students complete printed workout plan | * Students complete printed workout plan | * Students complete printed workout plan | * Students complete printed workout plan | * Students complete printed workout plan |