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|  | Monday (Jan. 23) | Tuesday (Jan. 24) | Wednesday (Jan. 25) | Thursday (Jan. 26) | Friday (Jan. 27) |
| 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 Demonstrate 1 Rep Max with different exercises | SWBAT Execute simple exercises with good form | SWBAT Maintain a steady pace in various cardio exercises | SWBAT Execute simple lifts with good form | SWBAT Execute simple Abdominal exercises with good form |
| 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 |