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|  | Monday (Mar. 13) | Tuesday (Mar. 14) | Wednesday (Mar. 15) | Thursday (Mar. 16) | Friday (Mar. 17) |
| 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 | Kickball |
| 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 Kick a moving ball in mature fashionSWBAT work as a team in the outfield SWBAT Run with a mature 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 will play kick ball
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