***Weight Training:***

***Targets: Formative: Interventions: Summative:***

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| 1. Able to identify machines and muscles that they work | * Walk through quiz asking for name of machine and muscles | * Show how machines are labeled with information | * Matching quiz |
| 1. Able to differentiate between muscle endurance and muscle strength | * Goals that the student sets for themselves | * Use of a word bank | * Fill in quiz |
| 1. Able to explain fitness and weight principles. | * Exit slips | * Interpret and analyze weight training log | * Fill in quiz |
| 1. Able to complete a weight training program | * Completion of work out sheet | * Work with a partner | * Turn in work out sheet for grading on the results of workouts |
| 1. Able to understand and demonstrate safe weight training practices | * Self-evaluation of proper safety | * Teacher and/or PE leader conversation | * Students verbalize and demonstrate weight training safety |