| **Lesson Guide** |
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| **Date:** | **Topic: Exercise** |
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| **Lesson:** |
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| CBI- Local Gym |
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| **Materials:** |
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| Bus  Emergency cards  Sneakers |
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| **Learning Objectives:** |
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| * Tour gym facility * Participate in gym activities * Bus safety * Listen/attend to instructor * Follow directions |
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| **Structure/Activity:** |
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| 1. Discus trio expectations 2. Board bus 3. Tour facility 4. Participate in activities 5. Board bus 6. Discus what they liked, things they learned, questions |
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| **Assessment:** |
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| CBI Assessment |
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