| **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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| BusEmergency cardsSneakers |
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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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