| **Lesson Guide** |
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| **Date:** | **Topic: Exercise** |
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| **Lesson:** |
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| Exercise Video- Indoor Walking |
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| **Materials:** |
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| Computer with smartboard  Here are some suggestions:  [Walk 15 Leslie Walk Concert | 15 Minute Walking Workout](https://www.youtube.com/watch?v=C_rKOIJTB6A)  [1.0 Mile Happy Walk | Walk at Home | Walking Workout](https://www.youtube.com/watch?v=X3q5e1pV4pc&t=48s)  [Walk 15 Leslie Family Mile | 15 Minute Walking Workout](https://www.youtube.com/watch?v=JPNIPf32m1E) |
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| **Learning Objectives:** |
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| * Students will follow directions * Students will demonstrate appropriate personal space * Students will participate in a group activity |
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| **Structure/Activity:** |
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| 1. Introduce exercise-indoor walking 2. Have students assist with getting room set up 3. Remind students about personal space and to try the different parts of the dance 4. Have students discus what they liked/didn’t like about activity 5. Have students help put room back together |
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| **Assessment:** |
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| Exercise Video Assessment |
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