| **Lesson Guide** |
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| **Date:** | **Topic: Exercise** |
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| **Lesson:**  |
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| Exercise Video- Dance/Aerobic/Zumba |
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| **Materials:** |
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| Computer with smartboardSome suggestions:[Easy Dance Workout for Special Needs](https://www.youtube.com/watch?v=GcfVwq83_1Y)[20 Min Fat Burning Home Workout For Beginners | Do this Everyday to Lose Weight | growwithjo](https://www.youtube.com/watch?v=qxIk6KZrO1o) |
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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-dance topic
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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