| **Lesson Guide** |
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| **Date:** | **Topic: Exercise** |
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| **Lesson:**  |
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| Outdoor Walking |
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| **Materials:** |
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| Proper footwear for studentsWater bottlesTrackExercise log |
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| **Learning Objectives:** |
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| * Students will be responsible for supplies
* Students will keep records of their exercise
* Students will demonstrate safety skills walking to and from the track
* Students will participate in sustained exercise
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| **Structure/Activity:** |
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| 1. Students will fill/obtain water bottles
2. Students will walk with group to track
3. Students will walk around the track, remaining on the track
4. Students will keep track of their laps
5. Students will log exercise
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| **Assessment:** |
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| Outdoor Exercise Assessment |
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