| **Lesson Guide** |
| --- |

| **Date:** | **Topic: Exercise** |
| --- | --- |

| **Lesson:** |
| --- |

| Weight machines- legs |
| --- |

| **Materials:** |
| --- |

| Weight machines- legs  Exercise Log  Cleaning Supplies |
| --- |

| **Learning Objectives:** |
| --- |

| * Students will identify weight machines for legs * Students will demonstrate safe usage of weight machines * Students will clean exercise machines when finished * Students will record exercise in appropriate log |
| --- |

| **Structure/Activity:** |
| --- |

| 1. Introduce one weight machine at a time 2. Students will choose a machine to use 3. Student will utilize the machine for 3 sets of 10 reps 4. Student will clean machine 5. Student will record exercise in a log |
| --- |

| **Assessment:** |
| --- |

| Exercise Machines |
| --- |