

Christopher Chismar

3rd MP Technology Lesson

Research and Create Google Slide Presentation for Muscle Growth/Development

In Junior Health the students learned about the Muscular System and how this can affect the quality of one's life if it is not maintained. We also discussed different exercises that pertain to certain parts of the body including, chest, arms, back and legs.

Objective-

The students will be able to create a workout regimen to better their quality of life.

The students will be able to decipher between a workout to tone and grow their muscular system.

Assignment-

Students will use the internet to research ways to reach both of the two goals (toning and mass training). They will then use google slides to create a plan on how to reach the goals that they would like to attain. They will also need to explain why they want to achieve this goal and also how they plan on getting there. This plan will include 8 weeks of workouts, 4-6 workouts per week.

Assessment-

The students will be sharing their plans with me so that I will be able to check up on their work as they are working.