

<p>Weight Training - Students will be given, in writing, proper techniques for lifts. A member from each lifting group must read and then verbally present the points for proper technique to their group members. Each time there is a new lift, there will be a new presenter.</p>	<p>used in place of a test.</p> <p>Teachers will observe these presentations which will take place before students are tested on that particular lift.</p> <p>Rubrics will be used to assist students with presentations.</p>	<p>Evidence will be reflected in grades (bonus points for presenting).</p>