**Weight Training Safety Video Exercise**

Students will create 2 weight training safety videos that demonstrates how to perform exercises with proper form/technique and safely.

1. With a partner, create 2 weight training exercise safety videos.
2. Research the correct form to perform each exercise.
3. Note safety concerns during the exercise and how to correct them in videos.
4. Address proper form and technique during videos.
5. Include modifications to increase/decrease intensity.
6. Have 1 person perform the exercise while the other narrates; switch.

Ex. <https://www.youtube.com/watch?v=v_c67Omje48>

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| **Category** | **Extending**  **5** | | **Proficient**  **3** | **Developing**  **1** | **Incomplete**  **0** | **Total** |
| **Safety** | Videos clearly shows all safety concerns while performing exercises and how to correct concerns | | Videos shows most safety concerns and how to correct them | Videos do not address safety concerns or how to correct them | Did not submit |  |
| **Content** | Videos clearly demonstrate proper exercise technique/form; students included modifications | | Videos demonstrate proper exercise form/technique | Videos are confusing or do not show proper technique/form | Did not submit |  |
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