# Week 6 - Day 11 - Lift the Weight

**Video:** Show weightlifter video clip

* **Process:** Did anybody notice how much weight he lifted? Does anyone know what this official Olympic lift is called? This is one of the most difficult lifts because it involves every muscle in your body. Do you think he was always this strong, or did it take a lot of work to become that way?

Walkthrough of Lift the Weight

**Activity:** Law of the Land

**Journal:** Elementary Art 5 (Road Signs) (This can also be homework.)

**Alternate activity:** Win-Win

**Alternate activity:** Cooperation Arm Wrestle