

UNPLUGGED

STUDENT TARGETS

- **Skill:** I will demonstrate correct technique and exercise form during the Unplugged dynamic stretching routine.
- **Cognitive:** I will describe the difference between dynamic and static stretching.
- **Fitness:** I will identify the muscles involved in each Unplugged exercise.
- **Personal & Social Responsibility:** I will use positive language when giving feedback to my partner.

TEACHING CUES

- Focus on Form
- Use Positive Language
- Get a Safe Stretch
- Modify When Needed

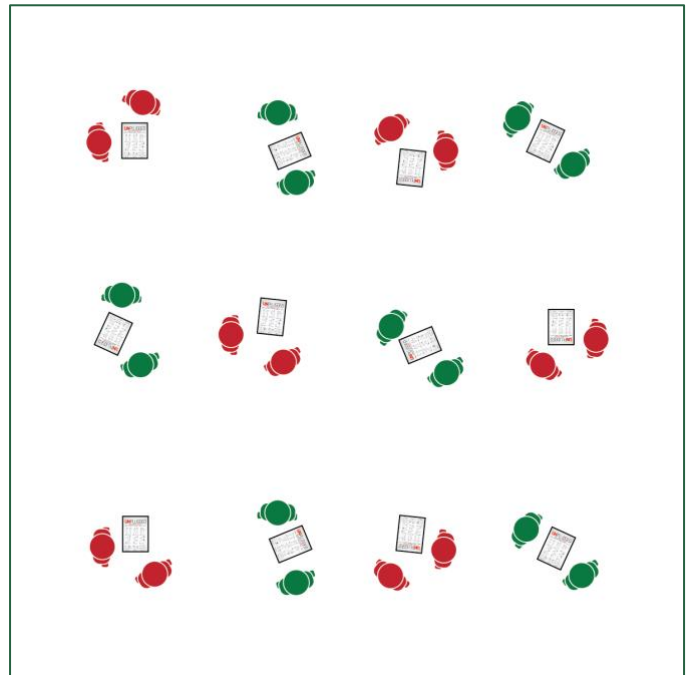
ACTIVITY SET-UP & PROCEDURE

Equipment:

- Darebee Unplugged workout card
- <https://darebee.com/workouts/unplugged-workout.html>
- Music and music player

Set-Up:

1. Pair students, each pair with an Unplugged card.
2. You can also display the card using an LCD projector.



Activity Procedures:

1. It's time to continue working on our flexibility and balance with Unplugged from Darebee.com.
2. During this activity, you will help your partner evaluate their exercise form for safety and effectiveness.
3. When the music begins, partner 1 will perform the first exercise on the Unplugged card. Partner 2 will evaluate form and alignment, providing feedback using positive language.
4. When partner 1 has finished the designated number of repetitions, switch roles and continue until the entire card has been completed.

Grade Level Progression:

6th: Play the activity as described above.

7th–8th: As homework, instruct students to visit Darebee.com to download and print a workout card that will help them improve their health-related fitness. In class, allow students to choose from the cards collected by their classmates.

UNPLUGGED

UNIVERSAL
DESIGN
ADAPTATIONS

- Provide visual and auditory cues for all exercises.
- Provide workout cards with exercise modifications or options, allowing students to select their level of challenge.

ACADEMIC
LANGUAGE

Dynamic Stretching, Exercise Form, Flexibility, Muscles, Positive Language, Static Stretching, Stretching, Technique

STANDARDS
& OUTCOMES
ADDRESSED

- **Standard 3 [M9.6-8]** Employs correct techniques and methods of stretching (6); Describes and demonstrates the difference between dynamic and static stretches (7); Employs a variety of appropriate static stretching techniques for all major muscle groups (8).
- **Standard 5 [M1.6-8]** Describes how being physically active leads to a healthy body (6); Identifies different types of physical activities and describes how each exerts a positive impact on health (7); Identifies the five components of health-related fitness (muscle strength, muscle endurance, flexibility, cardiovascular endurance, and body composition) and explains the connections between fitness and overall physical and mental health (8).

DEBRIEF
QUESTIONS

- **DOK 1:** What would you include on a list about dynamic stretching? Static stretching?
- **DOK 2:** Comparing the 2 lists, what are the major differences between the 2 types of stretching?
- **DOK 3:** What facts would you select to support the use of dynamic stretching as a warm-up for more vigorous physical activity?

TEACHING
STRATEGY
FOCUS

Organize students to interact with content. Exposing students to appropriate and accurate fitness resources that are available to them outside of physical education class is an essential requirement as you guide them toward an active lifestyle. Using Darebee.com workouts during class provides students with hundreds of no-cost workouts that can be done at home.