

SAMPLE LESSON PLAN

FOCUS
OUTCOMES

- **Standard 3 [M1.6, 8]** Describes how being physically active leads to a healthy body (6); Identifies the five components of health-related fitness (muscle strength, muscle endurance, flexibility, CV endurance, body composition) and explains the connections between fitness and overall physical and mental health (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).

FOCUS
TARGETS

- **Skill:** I will stay vigorously active throughout this activity.
- **Cognitive:** I will identify the 5 components of health-related fitness.
- **Fitness:** I will discuss the connection between fitness and mental health.
- **Personal & Social Responsibility:** I will discuss how being physically active leads to a healthy body.

ACADEMIC
LANGUAGE

- Health-Related Fitness
- Mental Health
- Physical Activity
- Physical Health

SELECTED
ASSESSMENT

- Plug & Play Fitness DOK Exit Slips

SAMPLE LESSON PLAN

	TRANSITION NOTES	ACTIVITY	DEBRIEF
<p>1 INSTANT ACTIVITY</p>	<p>Students find a partner as they enter the activity area and move to an open hoop. They begin by discussing DOK questions 1 and 2, which are displayed on the wall. Once all students arrive, being the Pitch & Go Treasure activity.</p>	<p>Pitch & Go Treasure</p>	<p>DOK 1: What is mental health? DOK 2: How does your fitness affect your mental health? DOK 3: How is confidence related to this connection? What facts would you select to support your answer?</p>
<p>2 LEARNING TASK</p>	<p>Students transition to skill-based activities. <i>This space is purposely left for you to complete in order to highlight the intended use of Plug & Play activities. This module is not meant to be done together and in sequence; rather, each Plug & Play activity is meant to be embedded into your skill-based modules throughout the school year.</i></p>	<p>Choose an activity from your current skill-based module.</p>	<p>Debrief is focused on skill-based concepts.</p>
<p>3 LEARNING TASK</p>	<p>Transition notes for next activity</p>	<p>Choose an activity from your current skill-based module.</p>	<p>Debrief is focused on skill-based concepts.</p>
<p>4 EXIT ASSESSMENT</p>	<p>Students complete Plug & Play Fitness DOK Exit Slips.</p>		