

SAMPLE LESSON PLAN

FOCUS OUTCOMES

- **Standard 3 [H3.L2]:** Applies rates of perceived exertion and pacing (L2).
- **Standard 3 [H10.L1-2]:** Calculates target heart rate and applies HR information to personal fitness plan (L1); Adjusts pacing to keep heart rate in the target zone, using available technology (e.g., pedometer, heart rate monitor) to self-monitor aerobic intensity (L2).
- **Standard 4 [H5.L1]** Applies best practices for participating safely in physical activity, exercise, and dance (e.g., injury prevention, proper alignment, hydration, use of equipment, implementation of rules, sun protection) (L1).

FOCUS TARGETS

- **Skill:** I will pace activity based on my target heart rate zone.
- **Cognitive:** I will calculate my target heart rate and identify my target zone.
- **Fitness:** I will discuss the concept of perceived exertion with my classmates.
- **Personal & Social Responsibility:** I will participate safely with attention to exercise form and injury prevention.

ACADEMIC LANGUAGE

- Pace
- Perceived Exertion
- Repetition
- Technique

SELECTED ASSESSMENT

- Plug & Play Fitness DOK Exit Slips

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	TRANSITION NOTES	ACTIVITY	DEBRIEF
<p>1 INSTANT ACTIVITY</p>	<p>Several Perceived Exertion Cards are posted around the physical education classroom and activity space for all students to easily view and access. Burn-Out Charts are placed in a pile for students to pick-up as they find a partner and enter the activity area. As soon as partners have a chart they move to a cone and begin working.</p>	<p>Partner Rep Burn-Out</p>	<p>DOK 1: What is perceived exertion? DOK 2: What do you know about the different levels of perceived exertion? (RPE Scale 1-10) DOK 3: How is perceived exertion related to exercise intensity?</p>
<p>2 LEARNING TASK</p>	<p>Students transition to skill-based activities.</p> <p><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>		