**SAMPLE LESSON PLAN:**

**Exercise Ball Module**

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| **FOCUS**  **OUTCOMES** | * Describes the social benefits gained from participating in physical activity. * Explains the relationship between self-expression and lifelong enjoyment of physical activity. |
| **LESSON**  **TARGETS** | * **Skill:** I will perform movements with the beat and tempo of the music. * **Cognitive:** I will perform the correct movements and sequences on cue. * **Fitness:** I will increase and sustain my heart rate for the duration of the routine. * **Social/Emotional:** I will demonstrate respect for the special and unique qualities of others. |
| **ACADEMIC**  **LANGUAGE** | * Engage, Unique, Combination, Enjoyment |
| **SELECTED**  **ASSESSMENT** | * Academic Language Quiz |

**LESSON MAP**

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|  | **TRANSITION NOTES** | **ACTIVITY NAME** | **DEBRIEF** |
| **1**  **Instant**  **Activity** | Boundary cones are set up, and noodles for taggers are located outside of coned area. Students enter and spread out in general space; teacher selects 2-3 taggers. | Say Cheese Tag | **DOK 1:** What type of foods are beneficial for before and after physical activity?  **DOK 2:** Why is it better to have these foods compared to other foods? |
| **2**  **Learning**  **Task** | Teacher projects/displays Keep Climbin’ Routine Card for students. Students each stand behind an exercise ball and teacher reviews each movement sequence in the Keep Climbin’ routine. | Rhythm Fit Activity  (Walk Through with Routine Card) | **DOK 1:** Can you remember some of the movements and sequences from this routine?  **DOK 2:** What did you notice about the sequence of choreography for this routine? |
| **3**  **Learning**  **Task** | Teacher projects Keep Climbin’ Rhythm Fit video for students to follow along. Students each stand behind an exercise ball. | Rhythm Fit Activity  (Video: Keep Climbin’) | **DOK 1:** Name one activity that you want to engage in.  **DOK 2:** Why is that activity so engaging for you? |
| **4**  **Exit**  **Assessment** | Teacher reviews academic language from module. Students move to one of four assessment stations set up on perimeter of space and complete the Academic Language Quiz. | * Academic Language Quiz | |