



SAMPLE LESSON PLAN: Exercise Ball Module

FOCUS OUTCOMES	<ul style="list-style-type: none"> Describes the social benefits gained from participating in physical activity. Explains the relationship between self-expression and lifelong enjoyment of physical activity.
LESSON TARGETS	<ul style="list-style-type: none"> 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	<ul style="list-style-type: none"> Engage, Unique, Combination, Enjoyment
SELECTED ASSESSMENT	<ul style="list-style-type: none"> Academic Language Quiz

LESSON MAP

	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.	<ul style="list-style-type: none"> Academic Language Quiz 	