**SAMPLE LESSON PLAN:**

**Bucket Module**

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| **FOCUS**  **OUTCOMES** | * Explains the relationship between self-expression and lifelong enjoyment of physical activity. * Engages in physical activity with responsible interpersonal behavior (e.g., peer to peer, student to teacher). |
| **LESSON**  **TARGETS** | * **Skill:** I will perform the movements of the Go Off routine in the correct pattern. * **Cognitive:** I will count and move to the pattern and beat of the routine. * **Fitness:** I will actively engage for the duration of the routine. * **Social/Emotional:** I will follow directions and stay safely on task. |
| **ACADEMIC**  **LANGUAGE** | * Greatness, Enjoyment, Pattern, Engage |
| **SELECTED**  **ASSESSMENT** | * Academic Language Quiz |

**LESSON MAP**

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|  | **TRANSITION NOTES** | **ACTIVITY NAME** | **DEBRIEF** |
| **1**  **Instant**  **Activity** | Hoops are set up around perimeter, bean bags are scattered in center of area. Students are grouped in teams of 2 or 3, each team at a hoop. | Pitch & Go Treasure  (Instant Activity) | **DOK 1**: How does your fitness affect your mental health?  **DOK 2**: How is confidence related to this connection? What facts would you select to support your answer? |
| **2**  **Learning**  **Task** | Teacher projects/displays Go Off Routine Card for students. Students each stand by a bucket and teacher reviews each movement sequence in the Go Off routine. | Rhythm Fit Activity  (Walk Through with Go Off Routine Card) | **DOK 1:** Can you remember the pattern of movements used for this routine?  **DOK 2:** What did you notice about the way the music fit together with the 8-counts of movements? |
| **3**  **Learning**  **Task** | Teacher projects Go Off Rhythm Fit video for students to follow along. Students each stand by a bucket. | Rhythm Fit Activity  (Video: [Go Off](https://youtu.be/PA19Q76ODZQ)) | **DOK 1:** Name one activity that makes you feel alive and invigorated.  **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 | |