**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).
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| **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.
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| **ACADEMIC****LANGUAGE** | * Greatness, Enjoyment, Pattern, Engage
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| **SELECTED****ASSESSMENT** | * Academic Language Quiz
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**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
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