**SAMPLE LESSON PLAN:**

**Lummi Stick Module**

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| **FOCUS**  **OUTCOMES** | * Refines non-locomotor skills specific to improve performance in dance, fitness, and sport activities. * Describes the positive social interactions that come when engaged with others in physical activity. |
| **LESSON**  **TARGETS** | * **Skill:** I will perform movements with the beat and tempo of the music. * **Cognitive:** I will perform the order and sequence of the routine by memory. * **Fitness:** I will increase and sustain my heart rate for the duration of the routine. * **Social/Emotional:** I will demonstrate safe movement patterns and self-control in my actions. |
| **ACADEMIC**  **LANGUAGE** | * Rhythm, Click, Beat, Engagement, Motivation |
| **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 5-7 taggers. | Catch Me if You Can | **DOK 1**: How can you recognize an activity that helps to improve your fitness?  **DOK 2**: How does your favorite physical activity affect your personal fitness? |
| **2**  **Learning**  **Task** | Teacher projects/displays Hip Hop Feet Routine Card for students. Students each stand on a spot marker and teacher reviews each movement sequence in the Hip Hop Feet routine. | Rhythm Fit Activity  (Walk Through with Routine Card) | **DOK 1:** Can you remember some of the sequences and cues for this routine?  **DOK 2:** What did you notice about the sequence of choreography for this routine? |
| **3**  **Learning**  **Task** | Teacher projects Hip Hop Feet Rhythm Fit video for students to follow along. Students each stand on a spot marker. | Rhythm Fit Activity  (Video: Hip Hop Feet) | **DOK 1:** Name a person whose engagement improves your school community.  **DOK 2:** What skills or qualities does that person contribute? |
| **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 | |