**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.
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| **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.
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| **ACADEMIC****LANGUAGE** | * Rhythm, Click, Beat, Engagement, Motivation
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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** | 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
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