



SAMPLE LESSON PLAN: Lummi Stick Module

FOCUS OUTCOMES	<ul style="list-style-type: none"> 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	<ul style="list-style-type: none"> 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	<ul style="list-style-type: none"> Rhythm, Click, Beat, Engagement, Motivation
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 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.	<ul style="list-style-type: none"> Academic Language Quiz 	