OPEN Online Physical Education Network MIDDLE SCHOOL

TOOLS FOR LEARNING
HEALTH & WELLNESS

SAMPLE LESSON PLAN

FOCUS OUTCOMES	**Personal Challenge**: • **(6)** Recognizes individual challenges and copes in a positive way, such as extending effort, asking for help/feedback, and/or modifying the tasks. • **(7)** Generates positive strategies such as offering suggestions/assistance, leading/following others, and/or providing possible solutions when faced with a group challenge. • **(8)** Develops a plan of action and makes appropriate decisions based on that plan when faced with a challenge.
LESSON TARGETS	• **Skill:** I will demonstrate fitness activities with proper form and attention to safety. • **Cognitive:** I will identify the types of heat-related illness and the necessary safety precautions. • **Fitness:** I will stay actively engaged throughout this activity. • **Personal & Social Responsibility:** I will stay focused on safe and appropriate participation while working cooperatively with my classmates.
ACADEMIC LANGUAGE	• Heat-related Illness, Cardiorespiratory Endurance, FITT Principle
SELECTED ASSESSMENT	• Academic Language Quiz

LESSON MAP

	TRANSITION NOTES	ACTIVITY NAME	DEBRIEF
1 **Instant Activity**	Before students arrive, create 4 stations using cones, task tents, and Tabata Station Cards. Place station cards in task tents at each cone and distribute station equipment where needed. Allow students to choose which station they would like to begin at.	Tabata To Improve	**DOK 1:** What is the Healthy Fitness Zone (HFZ)? **DOK 2:** What do you know about improving fitness scores that are not in the HFZ? What do you know about maintaining scores that are in the HFZ? **DOK 3:** How would you adapt an exercise that we did today so that it works to improve more than one fitness testing category?
2 **Learning Task**	As you debrief Tabata to Improve, divide students into groups of 2-3. Equipment needed to complete tasks on Movement Key should be placed around perimeter of space prior to lesson. Have copies of Movement Key in other side of task tent.	Spell It Out	**DOK 1:** How can you recognize an activity or exercise that works to improve cardiorespiratory endurance? **DOK 2:** Why do you think it is important to include cardiorespiratory endurance in your exercise and fitness plans?
3 **Exit Assessment**	Students complete academic language quiz before leaving class.	• Academic Language Quiz	