



SAMPLE LESSON PLAN

FOCUS OUTCOMES	<p>Etiquette:</p> <ul style="list-style-type: none"> • (Grades 9-12) Exhibits proper etiquette, respect for others, and teamwork while engaging in physical activity and/or social dance. <p>Working with Others:</p> <ul style="list-style-type: none"> • (Grades 9-12) Uses communication skills and strategies that promote positive team/group dynamics.
LESSON TARGETS	<ul style="list-style-type: none"> • Skill: I will demonstrate a variety of volleyball skills during small-sided games. • Cognitive: I will discuss the importance of teamwork and cooperation in order to be successful during team sports and activities. • Fitness: I will demonstrate a variety of skill-related fitness components. • Personal & Social Responsibility: I will demonstrate respect for myself and my classmates by following the rules of the game and encouraging others.
ACADEMIC LANGUAGE	<ul style="list-style-type: none"> • Volley, Rally, Challenge, Technique
SELECTED ASSESSMENT	<ul style="list-style-type: none"> • Academic Language Quiz

LESSON MAP

	TRANSITION NOTES	ACTIVITY NAME	DEBRIEF
1 Instant Activity	Before students arrive, have Tabata interval timer/music, Tabata station cards, and equipment set up. Divide students into 4 equal groups, one group at each station.	Volleyball Tabata	<ul style="list-style-type: none"> • DOK 1: What would you include on a list about how being physically active leads to a healthy body? • DOK 2: How can different types of activities have positive impacts on your health?
2 Learning Task	Divide students into even groups (i.e., 3v3). Have equipment set up prior to lesson if possible. If not able to set it up prior to lesson, have all equipment needed on perimeter of activity space.	Volley Tic Tac Toe	<ul style="list-style-type: none"> • DOK 1: What does it look like when teammates work together? • DOK 2: How does working with a team compare to working with a partner or by yourself?
3 Assessment	Students complete the Academic Language Quiz at the end of lesson. All clipboards and Quizzes should be placed in a designated space at the end of the class (e.g., basket, hula hoop, etc.).	<ul style="list-style-type: none"> • Academic Language Quiz 	