

## SAMPLE LESSON PLAN

<b>FOCUS OUTCOMES</b>	<b>Working With Others:</b> <b>(3)</b> Works cooperatively with others. <b>(4)</b> Accepts “players” of all skill levels into the physical activity. <b>(5)</b> Accepts, recognizes, and actively involves others with both higher and lower skill abilities into physical activities and group projects.
<b>LESSON TARGETS</b>	See specific activity plans for lesson targets.
<b>ACADEMIC LANGUAGE</b>	<ul style="list-style-type: none"> <li>Physical Health, Mental Health, Community, Connection</li> </ul>

## LESSON MAP

	TRANSITION NOTES	ACTIVITY NAME	DEBRIEF
Learning Task <b>1</b>	At the start of class, one student rolls the dice. The class navigates around the game board based on the number rolled and lands on a hula hoop. Based on the color of the hoop, they draw a Winning Wellness Card. After instructions and demonstrations of the activity drawn, the entire class will play the game selected.	Activity will be selected from the Winning Wellness Cards	See selected activity plan for debrief questions
Learning Task <b>2</b>	After the first game, students will participate in a mindful minute. You can utilize an OPEN mindful minute at <a href="https://youtube.com/shorts/p3KdLrr1Qqs">https://youtube.com/shorts/p3KdLrr1Qqs</a> .	Mindful Minute	<ul style="list-style-type: none"> <li>What is the difference between being tense and being relaxed?</li> <li>How is mindfulness related to tension and relaxation?</li> </ul>
Learning Task <b>3</b>	When the mindful minute is completed, roll the dice again, land on a new hoop, and choose a new Winning Wellness card. After instructions and demonstrations of the activity drawn, the entire class will play the game selected.	Activity will be selected from the Winning Wellness Cards	See selected activity plan for debrief questions
Learning Task <b>4</b>	Complete Day 1 of the Game Day Journal. Each student can have their own Game Day Journal to complete over the 6 days, or you can display the journal prompts for discussion at the end of each class.	Game Day Journal Day 1	<ul style="list-style-type: none"> <li>Think about a tough situation you faced recently. How did you handle it?</li> <li>What could you do differently with a Game Day attitude?</li> </ul>