

UNIT: 2 LESSON: Fitness “Let’s make a deal”

CLASS: P.E DAY’S TOPIC / ACTIVITY (IES): Variety of Exercises

TEACHER: Mr. Saint-Louis **DATE:** 9/26/09
or repetitions of the various exercises used

EQUIPMENT NEEDED: Open Space, Music, Stop watches for some activities, Cards stating the duration and

SAFETY FACTORS: Student might be incapable of performing exercise

GOAL (TLW): The learner will perform all exercises to their fullest potential

PSYCOMOTOR GOALS: The learner will perform all exercises correctly

AFFECTIVE GOALS: The learner will enjoy the exercises

FITNESS GOALS: The learner will increase their heart rate during the class period

COGNITIVE GOALS: The learner will understand the importance of the exercise

DEVELOPMENTAL LEVEL OF STUDENTS: 6-8th Grade : All mainstream students with few students with special needs

Teacher’s Instructions & Transitions	Student Activities & Class Organization	Teaching Cues
<p>1-5 mins: Dress</p> <p>5-17 mins: Attendance, two lap run and explain activity.</p> <p>17-35 mins: Activity- “Let’s make a deal”</p> <p>35-43 mins: Dress</p> <p>Closing Statement: Physical Fitness is important. All exercises are things that will increase your overall health and can be done at home without equipment. Nice job today!!</p>	<p>Students in Squad order for attendance.</p> <p>***Students come up in squad order</p> <p>*** Music playing in background</p> <p>Students scattered around</p> <p><i>The teacher act as the show's host. The students are the contestants and represent the best interest of the entire class. The "prize" is the exercise or activity the students will perform. The host picks the contestants. Once the contestant is chosen he or she has five seconds to pick one of the four doors. When the door is chosen, a "prize" is revealed. Once the "prize" is announced, all students perform the exercise or activity that was revealed. Immediately following the conclusion of the exercise, a new contestant is chosen. Repeat the procedures.</i></p>	<p>Make sure you go at a good pace. This is not a race. Do not sprint the first lap and walk the second or walk both laps. Should be running both laps.</p> <p>If you cannot perform the exercise do the best you can.</p>

State Standards and Benchmarks: 19.A.3

Assessment Protocols:

Observation