

<p>Grade: 6</p>	<p>Subject: Physical Education</p>
<p>Materials: Weight Room objects</p>	<p>Technology Needed: None</p>
<p>Instructional Strategies:</p> <ul style="list-style-type: none"> • Direct instruction • Guided practice • Socratic Seminar • Learning Centers • Lecture • Technology integration • Other (list) 	<p>Guided Practices and Concrete Application:</p> <ul style="list-style-type: none"> • Peer teaching/co • llaboration/ cooperative learning • Visuals/Gra phic organizers • PBL • Discussion/ Debate • Modeling • Large group activity • Independent activity • Pairing/col laboration • Simulation s/Scenario s • Other (list) • Hands-on • Technology integration • Imitation/R epeat/Mim ic <p>Explain :</p>
<p>Standard(s) S1.M24.6 Demonstrates correct technique for basic skills in one self-selected individual performance activity</p>	<p>Differentiation</p> <p>Below Proficiency: Students cannot do a bodyweight lunge, (and other exercises) with good form</p> <p>Above Proficiency: Students can have light weights and have good form.</p> <p>Approaching/Emerging Proficiency: Students have good form with bodyweight, but often get sloppy.</p> <p>Modalities/Learning Preferences:</p>
<p>Objective(s) Learn how to do movements with good form Be able to get work done on own.</p> <p>Bloom's Taxonomy Cognitive Level: Apply, Understand</p>	<p>Behavior Expectations- (systems, strategies, procedures specific to the lesson, rules and expectations, etc.)</p> <p>Students rotate when I tell them and are being productive when not under my direct supervision.</p>
<p>Classroom Management- (grouping(s), movement/transitions, etc.) The class will be divided into three groups. The first will be on their own on the machines. The second on their own with the ellipticals. The third will be with me, and working with dumbbells</p>	<p>Behavior Expectations- (systems, strategies, procedures specific to the lesson, rules and expectations, etc.)</p> <p>Students rotate when I tell them and are being productive when not under my direct supervision.</p>

Minutes	Procedures	
10 (before Class)	Set-up/Prep: I went into the weight room during my practicum teachers break for about 10 minutes to make sure everything was set up nicely	
8	Engage: (opening activity/ anticipatory Set – access prior learning / stimulate interest /generate questions, etc.) Students ran for a few minutes and did the warm-up on their own, they did this with another class.	
5	Explain: (concepts, procedures, vocabulary, etc.) The class will be divided into three groups. The first will be on their own on the machines. The second on their own with the ellipticals. The third will be with me and working with dumbbells. The group with the dumbbells will be divided up into two smaller groups. One of them will do lunges and goblet squats. The other ones will be doing inverted rows, along with lateral raises. This is the group we will rotate on, after everyone does three sets of ten.	
26	Explore: (independent, concrete practice/application with relevant learning task -connections from content to real-life experiences, reflective questions- probing or clarifying questions) Students performed the exercises, and I went around helping them to make sure their form was good.	
4	Review (wrap up and transition to next activity): When they finished up, there were about four minutes left in class, which was a perfect amount of time for the students to get ready to go to their next class.	
Formative Assessment: (linked to objectives) Progress monitoring throughout lesson- clarifying questions, check-in strategies, etc. Students can use dumbbells, or bodyweight Consideration for Back-up Plan: Go outside and play kickball		Summative Assessment (linked back to objectives) End of lesson: If applicable- overall unit, chapter, concept, etc.:
Reflection (What went well? What did the students learn? How do you know? What changes would you make?): I think that the students listened very well and were trying their best. Some of them had trouble with their form, so I helped them. They were great, not messing around, and listened to everything I told them to do.		