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| **Standards/Elements** | * PE1: Demonstrates competency in motor skills and movement patterns needed to perform a variety of activities.

**Conyers Middle School****Lesson Plan Template****“Learning and Growing Together”*** PE6: Values physical activity for health, enjoyment, challenge, self-expression, and/or social-interaction.
* PE4: To achieve and maintain a health enhancing level of physical fitness.
* PE3: Participates regularly in physical Education (FFF)
* HE 1: Students will comprehend concepts related to health promotion and disease prevention to enhance health.
* HE 3: Students will demonstrate the ability to access valid information and products and services to enhance health.
* HE5: Students will demonstrate the ability to use decision-making skills to enhance health (GREAT)
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| **Essential Questions** | * How can fitness runs promote fitness as it relates to your fitness component?
* What does Health mean to you?
* How can I use the recreational activities from Fitness Fun Friday to improve my level of fitness?
* How can we use the My Plate website throughout our lives to help us make healthy choices?
* GREAT: How does the G.R.E.A.T. program prepare me to deal with the challenges I face as an adolescent?
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| **Enduring Understandings** | * **HEALTH/PE**
* Students will understand how to use strategies in floor-hockey.
* Students will understand the rules and concepts of how to play floor-hockey.
* **NUTRITION**
* Students will be able to understand the different food groups in the MyPyramid (MY PLATE) and the recommended dietary allowances for their age group.
* Students will be able to understand how portion size has changed over the years and to be aware of portion sizes while creating their own diet."
* Students will understand what a calorie is and explain why the body needs calories and what happens to excess calories.
* Students will be able to give examples of low calorie and high calorie food items
* Students will be given an intro on how to read nutrition labels
* **TOO GOOD- PRE-TEST**
* Students will be able to understand the importance of the Too Good for Drugs program.
* **GREAT Objectives:**
* Students will discuss the influence of media, culture, peer pressure, etc. on how one would make health related decisions.
* Students will understand that belonging to a gang would be an example of an unhealthy decision.
* Students will understand that drugs and alcohol can hinder one from making a healthy decision.
* **FITNESS COMPONENTS**
* 5 COMPONENTS
* TYPES OF EXERCISES
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| **Essential Vocabulary** | **Fitness Components:**Cardio-respiratory endurance, muscular endurance, Muscle strength, body compositon, flexibility, resting heart rate, target heart rate, pulse rate**GREAT**: Communication, Emotion, relationships, etc. **Floor Hockey:**Floor Hockey: Dribble, face off, high sticking, penalty, pass, puck, stick, And goal.**NUTRITION:** My Plate, Grains, Dairy, Vegetables, Fruits, Fats, portion size, diet, dietary allowances, calorie, sugar, etc.**FITNESS FUN FRIDAY:** Bowling, basketball, DDR, ping pong, cup stacking, putt-putt, jump-rope, volleyball, tetherball |
| **Learning Format** (*Highlight All That Apply)***Whole Group X****Cooperative Group XFlexible Group XCollaborative Pair XCenters/Stations X****Other (Please list):** | **Technology Usage****Teacher: POWERPOINT PRESENTATION****Student: POWERPOINT NOTES** | **Assessment**(*Highlight All That Apply)***Student ConferencingPerformance Task XProjectClass PresentationTestQuizHomeworkTicket Out The Door XCPS Response****Other (Please list):** |
|  | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** |
| **Warm-Up/Hook** | Warm-up | Warm-up | Warm-up | Warm-up | Warm-up |
| **Resource Materials** | FLOOR HOCKEY 6TH-8THGREAT 7TH | FLOOR HOCKEY | 6TH-8TH –TOO GOOD FOR DRUGS7TH-NUTRITION & FITNESS COMPONENTS | CLAYTON STATE 6TH,7TH& 8TH | FUN FRIDAY |
| **Instructional Activities/Strategies** | PHYSICAL EDUCATION SKILL RELATED |  PHYSICAL EDUCATION SKILL RELATED | HEALTH RELATED POWERPOINT PRESENTATION | HEALTH RELATED WHOLE CLASS LECTURE POWERPOINT PRESENTATION | SKILL RELATING ALTERNATING STATIONS |
| **Differentiation** | YES |  YES | YES | YES | YES |
| **Accommodations** |  |  |  |  |  |
| **Co-teaching Model** | yes | yes | Yes | yes | yes |