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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) | | | | |
| **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? | | | | |
| **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 | | | | |
| **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 X  Flexible Group X  Collaborative Pair X  Centers/Stations X**  **Other (Please list):** | | | **Technology Usage**    **Teacher: POWERPOINT PRESENTATION**          **Student: POWERPOINT NOTES** | | **Assessment**(*Highlight All That Apply)*    **Student Conferencing  Performance Task X  Project  Class Presentation  Test  Quiz  Homework  Ticket Out The Door X  CPS 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-8TH  GREAT 7TH | | FLOOR HOCKEY | 6TH-8TH –TOO GOOD FOR DRUGS  7TH-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 |