

## Physical Education Lesson Plan

Instructor: Amy Young

Grade: 10; Unit: Muscular strength and flexibility ; Day: 8 ; Period: 2b

**Lesson objectives:**

1. Students will be able to participate in the movements for four of the five movements during the class time. (SOL 10.1/NASPE 2)
2. Students will be able to show proficiency in a progression of flexibility during movements as the sequence of the movements are done. (SOL 10.2/NASPE 3)
3. Students will be able to associate the exercises with the two areas of health related fitness, flexibility, and muscular strength.

Time and Seq.	Task	Instruction and Organization
3 min	Instant Activity: We will do a dynamic warm up together. The instructor will call out the exercises while the students perform the movement.	<b><u>For each task,</u></b>  Instructional: Cure will be given. ex, Fingers to toes, lunge, switch legs.
3 min	Introduction: The purpose of the class is to enhance the students knowledge and skill of incorporating flexibility with muscular strength.	Organizational format: Most of the class will be teacher guided, but student driven. This will be when the breakdown of the exercises is given.
15 min	This will be a circuit based flexibility driven sequence of exercises. These exercises are specifically designed to be done in a small amount of area. Making this a set group of exercises that can be done anywhere. The exercises will be explained in depth before the circuit is to begin.	Review and connect with students: This will be accomplished throughout the class period.  Cues will be given while the students are practicing the exercises.
...	Transition: Cues will be given throughout the exercise. Each exercise concentration is going to last 1-2 minutes. The students will get a 30-45 sec break between each exercise. There will be five types of stretches offered with modifications if needed. This circuit will be done three times.	Organization? Use a chart if necessary First exercise: Low Lunge both sides Second exercise: High lunge both sides Third exercise: Plank or push ups. Knees drop if needed. Fourth exercise: Chair Pose Fifth exercise: Butterfly on the floor  This sequence of exercises will be done a total of three times. Each time the sequence is completed the students will be asked to be aware of the difference in flexibility from the first to the last.
5 min	Closure: The closure will be a guided meditation. Students will be asked to sit indian style on the floor. They will close	No equipment needed. These exercises can be done inside or outside.

	<p>their eyes and wait for instruction for the teacher.</p> <p>Questions are encouraged at the end to check for understanding and reflection.</p>	<p>Cues: Will be given throughout. Knee over ankle, hips over heels, soles of the feet together.</p> <p>The class will be organized from warm up to cool down.</p> <p>The students will be at their own house and follow along with teacher guided instruction through a zoom meeting.</p>
<p>Assessment: The assessment will be plain and simple. Throughout the lesson the teacher will assess and give cues to the students.</p>		
<p>Equipment:</p> <p>Music from the instructor will be playing. The students will only need a good attitude to participate in this lesson.</p>		
<p>Reflective Notes:</p> <p>Reminder for special issues;</p> <p>Every exercise will and can be modified or extended to address all learners.</p> <p>Things worked well; Things did not work well connecting previous lessons.</p>		
<p>References</p> <p>Prior Knowledge of being a Certified Yoga Instructor, knowledge of the five components of health related fitness.</p>		