

Learning Plan

Teacher: Litton, Cannella		Date: 5/19/2021	Unit: The Spy
Enduring Understandings: <ul style="list-style-type: none">Students will understand the benefits of exercise despite social distancing.		Essential Questions: <ul style="list-style-type: none">What are the benefits of exercise during COVID-19?	
VA SOLs 9.1 The student will perform all basic movement skills and demonstrate movement and biomechanical principles in a variety of activities that may include outdoor pursuits, fitness activities, dance and rhythmic activities, aquatics, individual performance activities, and games and sports (net/wall, striking/fielding, and goal/target(s)). <ul style="list-style-type: none">a) Demonstrate proficiency and refinement in locomotor, non-locomotor, and manipulative skills through appropriate activities (e.g., outdoor pursuits, fitness activities, dance and rhythmic activities, aquatics, individual performance activities, games and sports [net/wall, striking/fielding, and goal/target]).b) Design, implement, evaluate, and modify a practice plan for a self-selected skill, to include the motor learning process of analysis of performance; application of principles of movement and training; goal setting; and improvement of personal skills through practice, correction, practicing at a higher level, and reassessment.f) Demonstrate competency in one or more specialized skills in health-related fitness activities.			
Daily Learning Target(s) Displayed Student Learning Goal: Students will understand the basic rules of the spy game to keep exercising during social distancing.			Materials:
Before Encounter With New Idea:			
<ul style="list-style-type: none">1. Dynamic warm up2. “Deal or No Deal” workout game			
During Encounter With New Idea: Spy Game			
<ul style="list-style-type: none">1. Students start on one side of the gym with their eyes closed.2. The teacher silently selects one student to be the spy.3. The students open their eyes and walk around the gym.4. Students make eye contact with each other and if the spy winks at a student the student lays down and does modified push-ups.5. If a student sees the spy wink (at someone else) he can call out the spy and the teacher will confirm or deny it.6. The game ends if the spy gets caught or all the students are out.			
After Encounter With New Idea: Application of learning. Do something with the new idea - rethink, practice, revise; analyze, process or refine the information.			
If that was too hard we could do multiple spies, or adapt the game as needed.			
Lesson Reflection: Since this is the first lesson of this unit, there will be no formal assessment.			
Reflection Question: Did the students seem interested in the game and want to do it again?			

Formative Assessment(s)

Discussion in class using application of knowledge from the unit.