

**LESSON PLAN**  
**Department of Exercise and Sport Science**  
**Manchester College**

**Teacher:** Andy Williams **Date of Lesson:** November 2, 2010 **Time Period:** 12:40-1:20  
**Grade Level:** 190 **Number of Students:** 12 **Lesson Focus:** Fun for **Teaching Style:** Rhythmic

**Learning Standards**

(C) Standard 1. Movement Concepts: Students demonstrate an understanding of movement concepts, principles, strategies, and tactics as they apply to the learning and performance of physical activities.

A. Standard 5. Responsible Personal and Social Behavior: Students exhibit responsible personal and social behavior that respects self and others in physical activity settings.

(F) Standard 1. Motor Skills and Movement Patterns: Students demonstrate competency in motor skills and movement patterns needed to perform a variety of physical activities.

**Performance Objectives**

(C) TWIST describes the components of a right-hand jab, when addressed informally, correctly identifying 2/3 of the steps (T.2-3).

A. TWIST provides a safe personal space for himself and those around him, during guided practice personal observations, with 1 or less violations during the entire class (T.3-5).

(F) TWIST keeps pace with the workout video, during guided practice informal assessments, during boxing on no more than 2 occasions (T.3-5).

**Engagement Materials**

Television/DVD player, space for 12 students to spread out and move.

**Skill Development (Preparation: Garden and Bloom referenced)**

**Warm-up Activity**

Take students through a series of calisthenics (high knees, butt kicks, karate, feet first, skip for height, skip for distance, sidestepping, etc.) to get them warmed up, excited, and ready to go.

**Introduction/Get Attention**

Explain that we will be doing a rhythmic lesson on Fun for

Ask if anyone has heard of Fun for, and what it is (Bloom's Comprehension).

Explain that it is a fun cardiovascular workout that combines elements of fun (such

as, kick boxing, and dance). Explain that it is not a means of self-defense, it is simply designed for workout purposes.

Ask if anyone knows what I mean by a cardiovascular workout (Bloom's

Comprehension). Explain

# Lesson Plans For Strider

**A Loxley**



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