

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: 1th **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) TWGAT describe the components of a right-hand jab, when addressed informally, correctly identifying 2/3 of the steps (T.2-3).

A. TWGAT provide 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) TWGAT keep pace with the workout video, during guided practice informal assessments, falling behind 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)

Climax Activity

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

Introduction/Get to Know You

Explain that we will be doing a rhythmic lesson on Tue. W.

Ask if anyone has heard of Tue. W. and what it is (Bloom's Comprehension).

Explain that it is a fun cardiovascular workout that combines elements of Tae Kwon

Do, 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

Earl H. Smith



Lesson Plans For Strider:

Public Works for Water, Pollution Control, and Power Development and Atomic Energy Commission Appropriations for Fiscal Year 1973 United States. Congress. Senate. Committee on Appropriations,1972 **Doom Striders** Bastion Press,2003-12

Return of the Star Raiders Dietmar Arthur Wehr,2019-11-14 After the collapse of the interstellar Federation human civilization descended into a new Dark Age as planets cut off from Earth and each other reverted to a lower tech level After centuries of struggling to pull themselves back up by their bootstraps they face a new and terrible threat Raiders with faster than light ships and contra gravity tanks steal anything they want and kill anyone that gets in their way This military SF novel is the story of three generations of a family as they fight to protect their planet and loved ones from the forces of chaos Excerpt He quickly checked the distance to the mine site and compared that with the missile's own effective range and the X 12's speed There was a slim chance of getting within firing range before the enemy ships got too high The throttles were already pushed as far forward as they could go but there was one more thing Strider could try in order to get more speed He initiated the afterburners which poured fuel directly into the hot engine exhaust causing secondary combustion and additional thrust The sudden surge in speed felt like someone had just kicked him in the back The enemy ships were starting to gain altitude faster now The distance between them and the X 12 was dropping faster too but there was no way to know for sure if it was dropping fast enough With seconds to go until the enemy ships got within missile range Strider armed the warhead opened the weapons bay and lowered the missile's launch platform The fuel exhaustion warning light lit up and he heard the accompanying warning alarm that he was almost out of fuel Landing without fuel was going to be a bitch but he couldn't worry about that now He had to focus on getting within firing range Without radar there was no way to know for sure but his estimated position relative to the mine site told him that the enemy ships were now within missile range He activated the Mark 3 warhead's guidance system which would begin radar scanning as soon as the missile launched and pressed his thumb down on the red firing button Reading Comprehension Activities, Grades 5-6

Jennifer Cripe,2011-06-21 Reading comprehension comes as a result of learning reading skills and strategies The activities in this series can be used to supplement any core reading program They are flexible enough to provide opportunities for differentiated instruction Collaborative Literacy Susan E. Israel,Dorothy A. Sisk,Cathy Collins Block,2007 Use these

gifted and higher level thinking strategies for all students Developed for reading educators this rich resource incorporates higher level thinking and reading strategies that promote academic achievement for both gifted learners and struggling students Susan E Israel Dorothy A Sisk and Cathy Collins Block recognized leaders in the fields of reading and literacy provide teachers with tools to create collaborative literacy classrooms where students can generate ideas independently discuss them and then develop new concepts within a group environment Collaboration boosts critical thinking skills and helps develop and enrich reading writing speaking and thinking experiences not just for gifted readers but for all learners

You ll gain important insights on Understanding how collaborative literacy affects gifted students and your entire classroom
 Building collaborative literacy using specific resources such as adaptable lessons and activities Creating an enriched
 collaborative literacy environment for all students Involving parents in collaborative literacy learning Stimulating creativity
 to increase critical thinking and develop richer comprehension Develop higher level thinking and reading strategies to help
 your students become independent researchers writers and readers Language Arts Mildred R. Donoghue,2008-08-05 A
 clear introduction for the teaching of language and communication *The Dock and Harbour Authority* ,1976 *The Living*
Church ,1949 Mayflower Hill Earl H. Smith,2006 A lively history of Colby College from its founding in 1813 to the present
 day *Teaching the Pursuit of Science* John H. Woodburn,Elsworth Scott Obourn,1965 *Class of 1910 of the University*
of Virginia After ... Years University of Virginia. Class of 1910,1913 Cornell Rural School Leaflet ,1926 The Classroom
Teacher Milo Burdette Hillegas,Thomas Henry Briggs,1929 **Manpower** ,1969 **Cornell Science Leaflet** ,1925
The Living Church ,1949 **Living in Water** National Aquarium in Baltimore,1987 **Equus** ,2000-07 American
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