

HEALTH LEARNING PLAN

Grade: MS

Unit: Starting Block

Lesson # 1

Lesson Topic: MS HPE CLP March 5 2024

SOL Link:

Objectives

1. We can utilize brain research to create lessons that support middle school students and their development.
2. We can leverage the WJCC lesson plan structure to build lessons that engage students.
3. We can review and select structures to design lessons that break up the block.

Instant Activity (5 min):

Pre-assessment on understanding of how to engage students and design lessons for block schedule

Warm Up (10 min):

Partner Pairings – students collaborate and discuss targeted questions related to engaging students and designing meaningful lessons in HPE.

Key Vocabulary: 5E's (Engage, Explain, Explore, Elaborate, Evaluate), Pacing, Academic Accelerators, Brain Boosts, Classic, Conferencing, Workshop/Lab, Stations, Flexible Grouping

Teacher-Student Activities and Procedures:

Pre-Assessment (Engage)– Lego Building Activity (5 min)

Partner Pairing (Engage) Q+A share out (10 min)

Applying Brain Research to the Classroom (Explain) (15 min)

Brain Boost (Engage)- High or Lower (10 min)

Unlocking Effective Lesson Planning: The 5E Approach (Explain) (15 min)

Brain Boost (Engage) – Deal or No Deal (10 min)

Types of Instructional Delivery Methods (Explain) (10 min)

5E Lesson and Lesson Structure Connection (Explore) (15 min)

Flipped Classroom (Elaborate) – Collaborative or independent lesson(s) redesign for a 90-minute block (70 min)

Reflection on Redesign Process (Evaluate) (10 min)

Post-Assessment (Evaluate) – Lego Building Activity (5 min)

Set Up:

Tables with chairs facing smart board

Closure: Student reflection on final Lego structure (5 min)

Assignments: Student redesign of an existing 60-minute lesson to a 90-minute lesson and/or creation of a new 90-min lesson on a favorite topic to teach in the WJCC middle school HPE curriculum.

Materials and Aids: Smart Board, Legos, Handouts, Laptops (existing lessons, SharePoint, Canvas)

Assessment: Pre- and Post- formative assessments

5 E's

| <input type="checkbox"/> <u>Engage</u> | <input type="checkbox"/> <u>Explain</u> | <input type="checkbox"/> <u>Explore</u> | <input type="checkbox"/> <u>Elaborate</u> | <input type="checkbox"/> <u>Evaluate</u> |
|---|---|--|--|---|
| Pre-assessment Partner Pairing Brain Boost(s) <ul style="list-style-type: none">■ Higher or Lower■ Deal or No Deal | Applying Brain Research to the Classroom Unlocking Effective Lesson Planning: The 5E Approach Types of Instructional Delivery Methods | 5 E Lesson and Lesson Structure Connection | Flipped Classroom Redesign Activity | Reflection on redesign process Post-Assessment |

Special Notes: