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| **Phase 1:** Intended Curriculum | | | |
| **Week of: 9/15/15** | **Teacher: J. Brooks and E. Steele** | **Physical Education** | **3-5** |
| **Standards and Elements:**  PE 3.1, PE 4.1, PE 5.1 Demonstrates competency in motor skills and movement patterns needed to perform a variety of activities.  PE 3.2, 4.2, 5.2 Demonstrates understanding of movement concepts, principles, strategies, and tactics as they apply to the learning and performance of physical activities.  **Learning Targets:** *(What does the teacher expect the students to know, understand and be able to do?)* Students will be able to use jumping to participate in jump roping activities. Students will understand how jumping rope contributes to aerobic and cardiovascular fitness. | | | |

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| **Phase 2:** Delivered Curriculum | | |
| **Activator** | Students will use loco motor skills to travel around the general space to warm-up for physical activity. Students will then gather to perform stretches. | |
| **Mini Lesson** | Group discussion – “What is a ball?” Students and teacher will discuss how jumping on the balls, not heels, of your feet allows for bounce. | |
| **Work Session** | Students will practice placing rope on floor, jumping over rope, swinging arms wide, making muscles, bringing elbows in, and catching rope under toes.  Students will use this prerequisite jumping skill to participate in more advanced jump rope routines. | |
| **Closing/Summarize** | Students will feel for pulse. We will discuss, as a group, how aerobic and cardiovascular exercise increase heart rate and exercise the heart muscle. | |
| **Differentiation**  **Based on Data** | **Groupings:**  **Other**  Throughout the lesson, students will work individually, as well as in pairs. During the mini lesson and closing, students will come together in whole group to participate in discussions.  **Accommodations and Modifications:**  Students with orthopedic impairments are given modified courses during warm-ups. They are also partnered with students who will assist when needed. | |
| **Phase 3: Achieved Curriculum** | | |
| **Evidence of Learning**  **Assessments** | **Summative Assessment:**  Formative-Performance Task | **Formative Assessment:**  Observation  I will observe students as they perform skills and movement patterns related to jumping. |
| **Teacher Reflection**  *(Evaluation of Data /Next Step)* | **The plan for the following unit will be based on the results of the skills observation test.** | |
| **ADDITIONAL INFORMATION** | | |
| **Technology**  **Integration** | Choose an item.  **Comments:** | |
| **Homework** |  | |
| **Material/Resources** | **Jump ropes** | |
| **Other** |  | |