HEALTH LEARNING PLAN

Grade: MS + HS	Unit: Secondary Health and PE	Lesson # 1

Lesson Topic: Starting Block	SOL Link:

Objectives
1. We can utilize brain research to create lessons that support secondary students and their development.
2. We can leverage a 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):	Warm Up (10 min):
Pre-assessment on understanding of how to engage students and design lessons for block schedule.	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:	Set Up:
Pre-Assessment (Engage)– Lego Building Activity (5 min) **Partner Pairing** (**Engage**) Q+A share out (10 min) **Applying Brain Research to the Classroom (Explain)** (12 min) **Brain Boost (Engage)**- High or Lower (5 min) **Unlocking Effective Lesson Planning: The 5E Approach (Explain)** (12 min) **Brain Boost (Engage)** – Deal or No Deal (10 min) **Types of Instructional Delivery Methods (Explain)** (12 min) **5E Lesson and Lesson Structure Connection (Explore)** (15 min) **Post-Assessment (Evaluate)** – Lego Building Activity (5 min)	Tables with chairs facing smart board

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

Assignments: N/A

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

Assessment: Pre- and post-formative assessments

5 E's				
☐ **Engage**	☐ **Explain**	☐ **Explore**	☐ **Elaborate**	☐ **Evaluate**
Pre-assessment Partner Pairing Brain Boost(s) - 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		Post-Assessment

Special Notes: