

LESSON PLAN
Department of Exercise and Sport Sciences
Manchester College

Teacher: Andy Williams **Date of Lesson:** November 2, 2010 **Time Period:** 12:48-1:30
Grade Level: 7th **Number of Students:** 32 **Lesson Focus:** Tae Bo **Teaching Style:**
Rhythmic

Academic Standards

C: Standard 2, 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.

P: 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: TSWBAT describe the components of a right-hand jab, when addressed informally, correctly identifying 2/3 of the steps (7.2.1).

A: TSWBAT provide a safe personal space for himself and those around him, during guided practice general observations, with 1 or less violations during the entire class (7.5.3).

P: TSWBAT keep pace with the workout video, during guided practice informal assessments, falling behind on no more than 2 occasions (7.1.2).

Equipment/Materials:

Television/DVD player, space for 32 students to spread out and move.

Skill Development (*Incorporate Gardner and Bloom references*)

Fitness Activity

Take students through a series of calisthenics (high knees, butt kicks, karaoke, fast feet, skip for height, skip for distance, striders, etc.) to get them warmed up, loose, and ready to go.

Introduction/Set Induction

-Explain that we will be doing a rhythmic lesson on Tae Bo.

-Ask if anyone has heard of Tae Bo, and what it is (Bloom's Comprehension).

-Explain that it is a fun cardiovascular workout that combines elements of tae quan doe, 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.

Introduce New Skill

Explanation/Demonstration

As said before, this workout combines elements of martial arts (tae quan doe), kick boxing, and dance. The kicks and punches that will be done are intended to get the body

moving, not as a means of self defense. The main objective is to follow along with the rhythmic instruction that is provided by the video, keeping pace with the music and with the individuals on the video. Nobody should be standing around. It is a fun, fast paced workout so you will have to be paying attention. Does anyone have questions before we get started? Find an open place to stand with plenty of room where you can see the television, and we will begin.

Group Activity

- Watch the Cardio Inferno tae bo video and have students follow along to the music and rhythmic instruction (Gardner's Musical and Bodily-Kinesthetic Intelligences).
- Make sure students are keeping pace and using correct form.

Assessment

- Observe to see that students are not falling behind. Make sure they are respecting everyone's personal space.
- Periodically ask individuals about the components of correct jab form (Bloom's Application).

Instructional Adjustments:

- Students with hearing impairments: position them near the television screen.
- Students with visual impairments: position them near the television, with volume turned up to an appropriate level.
- Students with 1 or 2 leg disabilities: require them to execute upper body moves only.
- Students with ADHD: position them away from windows, doors, and other distractions.

Closure

- Provide feedback on the group's workout and intensity.
- Review cardiovascular fitness, asking if anyone can explain what it means (Bloom's Comprehension).
- Ask students to identify the elements that combine to create tae bo (Bloom's Knowledge).
- Ask if the students had fun and if they felt that they got in a good workout at the same time (Bloom's Analysis).
- Explain that the next day we will be meeting on the indoor track for a weightlifting/track workout. Come ready to make gains in your muscular strength!

References

Fisher, D., Frey, N. (2008). *Improving adolescent literacy, 2nd Ed.* Pearson Education: New Jersey.

Blanks, B. (2010). *Billy's bootcamp: cardio inferno.* Anchor Bay Entertainment: Beverly Hills, CA.