

**LESSON PLAN**  
**Department of Exercise and Sport Sciences**  
**Manchester College**

Teacher \_\_\_\_\_ Mr. Forbes \_\_\_\_\_ Date of Lesson \_\_\_ November  
23 \_\_\_\_\_ Time Period \_\_ 1:50 to 3:00 \_\_\_\_\_  
Grade Level\_9-12\_\_ Number of Students\_\_30\_\_ Lesson Focus\_\_\_ Cardio\_\_\_\_\_ Teaching  
Style \_\_\_ Rhythmic\_\_\_

**Academic Standards**

**C Standard 2 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 Students exhibit responsible personal and social behavior that respects self and others in physical activity settings.**

**P Standard 1 Students demonstrate competency in motor skills and movement patterns needed to perform a variety of physical activities.**

**Performance Objectives**

C PEL1.2.1 The students will demonstrate the understanding of each move in the video by performing the move with the corresponding music 100% of the time.

A PEL 1.5.1 The students will use the equipment efficiently, effectively, and safely while performing on or near it, 100% of the time.

P PEL 1.1.1 The students will develop cardio respiratory endurance by completing the Tae Bo Funk continuously without one break.

**Equipment/Materials**

Television w/ dvd player, gym floor

**Skill Development (*Incorporate Gardner and Bloom references*)**

**Fitness Activity**

Students are to come into class and begin jump roping to warm up their leg muscles and shoulder muscles. They are to jump rope in a variety of ways. They can jump rope with both feet, one foot, backwards, or double jump. This will allow them to challenge themselves and keep them intrigued. (Intrapersonal, bodily-kinesthetics)

**Introduction/Set Induction**

Who in here has completed some sort of a workout video? Today we are going to be doing just that. I have brought in Billy Banks' Tae Bo Funk video. Not only will this be an extreme cardio workout, but it will also be pretty enjoyable. If you don't have the space or money to get into a gym, you can go rent a quick workout video for less than 3\$ and complete it right in your living room.

**Introduce New Skill**

**Explanation/Demonstration/Cues**

This video is fairly fast paced so it is important to listen carefully and move along. If you are unable to perform a certain move, that's ok, just move on to the next one and continue with the next move. However, do not just give up on a move, challenge yourself and work to complete it.

**Guided Practice**

For the guided practice, I am going to play the song Jump On It. This song is very well known and has a dance to it that all of the students will know. I am going to play the song and allow the students to dance around with it, if they do not know the song, they will pick up on it very quickly.

### Group Activity

The group activity is going to be completing the Tae Bo Funk. I am going to have the students get into lines, staggering themselves so they can ALL see the video. It is important that the students all have their personal space and are able to see and hear the video. The video explains exactly what to do and when to perform certain moves so we will just follow right alongside Billy Banks.

### Assessment (*Form Attached*)

I am going to be observing the students on their participation for the day.

### Instructional Adjustments

Students who cannot see well or are hard of hearing will be placed up front towards the television.

### Closure

What is the advantage of having workout videos? Not everyone has access to a nearby gym or facility, so a simple way to fix that is renting/buying a video to workout to. There are several types of workout videos, you just have to find one that suits you. I hope everyone enjoyed class today and realized that working out can be that simple and enjoyable. Next week we will continue to work hard and improve ourselves. Have a great day!

