|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Lesson Plan | 4ESO | Teacher Candidate(s): | Grade: A | Equipment  mat, bench |
| 1. Drandel Averion Sahagun | |
| 2. Ahmed Hassan | |
| Name Activity: Cardio and Dips | |
|  | Students:  T  S S S S S S  S S S S S  S S S S S S  s s s s s | References:  <https://www.youtube.com/watch?v=YQQfhILVR7c> (Stretches) |

**Start**

|  |  |  |
| --- | --- | --- |
| **Name** | **Duration** | **Explanation** |
| Jumping jacksImage result for jumping jacks clipart | 25s - 10s  4 times  (2,20 min) | Jump while raising arms and separating legs to sides. Land on forefoot with legs apart and arms overhead. Land on forefoot with arms and legs in original position and repeat. |
| Step-up onto chairImage result for step-ups | 20s - 10s  4 times  (2 min) | Place your to the starting position by stepping down with the right foot, then the left to both feet are on the floor.  Complete 10-15 steps leading to the left foot, then repeat another 10-15 steps leading to your left foot. |
| SquatImage result for squat clipart | 15s - 10s  4 times  (1,40 min) | Stand with your head facing forward and your chest held up and out.  Place your feet shoulder-width apart or slightly wider. Extend your hands straight out in front of you to help keep your balance.  Lower down so your thighs are as parallel to the floor as possible, with your knees over your ankles. Press your weight back into your heels.  Keep your body tight, and push through your heels to bring yourself back to the starting position. |
| Triceps dip on chairImage result for Triceps dip on chair | 25s - 10s  4 times (2,20 min) | The hands should be at a distance from the shoulders on the surface from which you are submerging, with your arms straight. From there, lower until your arms are at a 90 degree angle, then straighten them again, lifting your body. |
| PlankImage result for plank | 20s - 10s  4 times  (2 min) | **Lie on your both arms and keep your body straight.** |
|  |  | Repeat all exercises |
| Stretching | 5 min | Stretching exercises for the foot, ankle, lower leg, thigh, hip, groin, shoulder, neck, upper arm and elbow. |

Total Time: 25min 40s

**Lesson Plan Instructions**

**Section 1: Contextual Information**

|  |  |
| --- | --- |
| **Lesson Plan Component** | **Directions** |
| Teacher Candidate/s | Ahmed Hassan i Drandel Averion |
| Grade | A |
| Name Activity | Cardio |
| Equipment | Mat, bench |
| References | - |

**Section 2: Lesson Activities**

|  |  |
| --- | --- |
| **Lesson Plan Component** | **Directions** |
| Column: time | Total time: 25 min |
| Column: organization | T T  S S S S S S  S S S S S  S S S S S S  s s s s s |
| Transition | Follow my teammate when I say “go”. When I whistle, stop and rest for few seconds. |
| Introduction | Transcribe an introduction to the day’s lesson. |
| Fitness Activity | Explain the fitness activity here and be sure it is aligned to your fitness objective. |
| **Body of Lesson** | |
| * Tasks | Describe the task with enough detail so someone else could teach it.  In the first row of the task (a), explain how you will get the students engaged in the activity  In the second row (b) you will describe the task in detail. |
| * Cues | List cues used for the task. |
| * Variations | Add modifications to make the tasks easier and harder according to the skill level of the students (examples: change the time, distance, challenges, 3 of people, etc.). |
| Lesson closure | How you end the lesson |
| **Evaluation of lesson** | |
| * Post-planning | Analysis of student performance. What did the students learn in this lesson? |
| * Teacher reflection | Teacher reflection includes what worked, what didn’t, why, and what to change. |