**Rivera Early College High School**

**Weekly Lesson Plan**

**2019-2020**

**Week of: 8/26/19 - 8/7/30/19 Fitness unit**

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| **Lesson Components** | **Initial Instruction** | **Support** | **College & Career Readiness** |
| **Lesson Focus:** | Discussing the benefits of Personal Fitness as they grow and change through their life. Continue the fitness gram conditioning/strengthening exercises. Sequence jog 2 walk 1min. Sets- 3 =total of 15min. |  | □ Intellectual Curiosity |
| x Reasoning |
| x Problem Solving |
| **TEKS:** | B1,2,C1A,1B,2AB,3ABCD,4BCEF,5ABEFG | | □ Academic Behaviors |
| x Work Habits |
| □ Academic Integrity |
| **Comprehension Purpose Question(s):** | **What are some benefits of Personal Fitness to your mental /emotional health** |  | □ Reading Across the Curriculum |
| □ Writing Across the Curriculum |
| □ Research Across the Curriculum |
| **Resource(s):** | Fitness Gram Activity Plan |  | □ Use of Data |
| □ Technology |
| **Common Instructional Framework** |
| **Required Materials and/or Technology:** | PE Clothing/gym shorts and t-shirt | | x Collaborative Group Work |
| □ Writing to Learn |
| x Questioning |
| **Physical Classroom Setup:** | Each class has their students in a squad. | | x Scaffolding |
| xClassroom Talk |
| □ Literacy Groups |
| **Student Grouping(s):** | Student’s lined up in alphabetical order. |  | **Texas Literacy Initiative** |
| x Think Turn Talk |
| x Making Connections |
| **Expectations:** | Students will discuss how beginning a personal fitness regiment will help their mental and emotional health. | | □ Creating Mental Images |
| xMaking Inferences and Predictions |
| □ Questioning |
| **Student Product(s)/**  **Accountability:** | Students will be monitored by the teachers who will be supervising the jogging and calisthenics. |  | x Determining Importance and Summarizing |
| x Monitoring and Clarifying |
| **ELPS** |
| **Rubric:**  **□ grid**  **□ Likert scale**  **□ observation-based**  **checklist** | □ Reading |
| □ Writing |
| x Listening |
| x Speaking |