

Senior Leader Activity Lesson Plan Sheet

Senior Leaders: _____

Date: _____

Activity Name: _____

Hour: _____

PART I: Due on the day of teaching

<p><u>Lesson Objective:</u> What is the focus of your lesson? What do you want the students to learn? What is your overall goal for the teaching day?</p>	
<p><u>Equipment/Resources:</u> List all equipment and any teaching aides needed for activity</p>	
<p><u>Safety Considerations:</u> Where is there potential for students to get hurt? What steps can we take to prevent injury?</p>	
<p><u>Specific Directions and Teaching Cues:</u> How are you going to introduce the activity? What props/visuals are you using for demonstration and explanation? What key words or phrases will you use to help students remember the objectives?</p>	
<p><u>Assessment:</u> How will you know students have learned today? How will you check for understanding? What will you use to determine how they receive their participation points?</p>	

Senior Leader Activity Lesson Plan Sheet

Part I: Continued...

<u>Description of Activity(s):</u>	
<u>Diagrams and Special Set-ups:</u>	
<u>Time Allotted for each Activity:</u>	

Special Reminders and Class Announcements: _____

Senior Leader Activity Lesson Plan Check List

Helpful Tips for Planning

What to do before you teach:

- Discuss the general lesson plan with your PE teacher at least two days BEFORE you teach. Let them know a head of time if you have special equipment needs.
- Exchange phone numbers with your co-leader and discuss your lesson in detail before you teach. This is especially important for any leader groups teaching on Monday because of shortened periods.
- Have groups organized and set a head of time. See your PE teacher for a roster of student names.
- Give any special announcements a head of time so your PE class knows what to expect on the day of your teaching.
- Make an appointment to meet with me or email me if you have questions about your lesson plan.

What to include in your lesson plan:

- **Your lesson should have a beginning, middle and end.** The beginning is your introduction. Use the beginning time to introduce your objectives and goals and find a creative way to “hook” your students so they are interested in the activity. The middle is the main activity. For the main activity, minimize down time for students and make your transitions from instruction to activity flow quickly. The end is for closure. Dedicate the last few minutes of class to check for understanding and close on the days events.
- **Directions should be clear and easy to follow.** Too many directions at one time can be hard for freshmen to remember. Keep it simple and stick to the rule of three; no more than three directions at one time.
- **Your lesson should have an educational purpose.** Playing dodgeball may be fun, but it lacks learning potential. If you are planning a sport activity, try and reinforce skills taught in class (for example, teach the overhand serve or introduce spiking in volleyball). If fitness is your focus, incorporate fitness concepts into the lesson (Cardiovascular endurance, muscular endurance/strength and heart rate are a few examples).
- **Use visuals and other props to increase learning potential.** Make sure visuals are bright and big. Allow for different learning styles and accommodate your instruction to meet the needs of all students.
- **Be specific with time.** Break down each part into concrete time frames and use real time as well as running time. An example of real time is 1st hour starts at 7:55 and students should be ready to participate by 8:00 am. Real time means that the introduction of activity should start at 8:00 and finish at 8:05 am. Running time means that the introduction of the lesson is scheduled to take 5 minutes.

