# Overton High School- Station Rotation Lesson Plan

**Subject: \_\_Fitness and Conditioning\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Teacher: \_Harris, P.\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

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| Learning Goals / PBO(s) *What will students be able to do after rotating through stations?(Standards based)* | Week of: |
| TSW be able demonstrate and recall various vocabulary associated with fitness as well perform various stretching exercises to go with lesson. In addition to that, each student will be able to demonstrate, perform, and explain how each exercise works and the various body parts associated with workout | 10/31-11/4/2022 |

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| Opening / Whole Group Instruction *How will you begin the lesson? What information needs to be provided before the students rotate through stations?* |
| The instructor will begin the lesson with warm up/do now assignment to introduce students to the lesson. The instructor will then begin to facilitate the lesson by thoroughly explaining the lesson as well demonstrating the exercises according to skill levels of the students. |

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| Stations *(Gradual Release)* | Teacher Led *(I Do)* | Small Group Collaboration *(We Do)* | Tech Infused *(You Do)* |
| **Time at Station** | 15 minutes | 15 minutes | 15 minutes |
| **Skill or Knowledge students will learn at this station** | Demonstrate and explain vocabulary associated lesson | Carefully perform lesson explained by the instructor | Perform activities of the lesson to ensure student achievement reached |
| **Description of the activity and assessment plan** | TIW record data from vocabulary lesson and facilitate physical lessons | TSW perform lessons for evaluation based on the lesson | Technology will be utilized has backup to ensure instructor is thoroughly assessing lesson |
| **Necessary resources** | Technology and vocabulary associated with lesson | Technology devices | Technology (teams,youtube,etc..) |
| **Differentiation if applicable** | Application of lesson according to skill level of students | Skill level grouping | Skill level grouping |

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| Closing / Whole Group *How will you close out the lesson?* |
| The lessons will be concluded by students performing formal exercises associated with lesson. These lessons will consist of vocabulary, physical conditioning, explanation of terms. |

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| Data Collection *What data will be used to identify individual student progress?* |
| **Data will be collected by instructor for evaluation progress in the form of assignments, physically performing activities, and formal assessments.** |
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| **Resources:**  [ELA Sample Schedules](https://drive.google.com/file/d/1OnkzxLyECv1Z4f4iBSikWMwVCXfKkaO8/view?usp=sharing) / [Math Sample Schedules](https://drive.google.com/file/d/1wHg0F0x9wTjBfA7CbiaBdjT-qzDqAUa4/view?usp=sharing) / [Science Sample Schedules](https://drive.google.com/file/d/1I-fLEXolrSliatg4zJIHKbmp9kF6UZwv/view?usp=sharing) |