**Rivera Early College High School**

**Weekly Lesson Plan**

**2018-2019**

**Week of: 8-20 to 8-25-2018 Arturo Hurtado**

|  |  |  |  |
| --- | --- | --- | --- |
| **Lesson Components** | **Initial Instruction** | **Support** | **College & Career Readiness** |
| **Lesson Focus:**  |  Recognizing the difference between health and fitness. Physical Fitness Gram-Running-sit-ups and push ups |  | □ 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):** | **Why exercise in your life****The benefits of exercise****Why exercising will give you a healthy life** | Explain to students the difference between staying fit in life and a sedentary life (All the sickness if they do not do any kind of exercise) Prevent sickness by staying active. | □ Reading Across the Curriculum |
| □ Writing Across the Curriculum |
| □ Research Across the Curriculum |
| **Resource(s):** | Gym and Physical Education Equipment |  | □ Use of Data |
| □ Technology |
| **Common Instructional Framework** |
| **Required Materials and/or Technology:** | Shoes -Shorts | x Collaborative Group Work |
| □ Writing to Learn |
| x Questioning |
| **Physical Classroom Setup:** | Each class has their students in a squad. Explain all the rules and regulations of Physical Education. | x Scaffolding |
| xClassroom Talk |
| □ Literacy Groups |
| **Student Grouping(s):** | Students will lined up in rows |  | **Texas Literacy Initiative** |
| x Think Turn Talk |
| x Making Connections |
| **Expectations:** | Students will learn how to get physical fit and how to breath when they are running.Running in form and breathing in rhythmPhysical Fitness In Progress-Require by the State of Texas | □ Creating Mental Images |
| xMaking Inferences and Predictions |
| x□ Questioning |
| **Student Product(s)/****Accountability:** | Students will be monitored by the teachers .Teacher will supervise the students progress. |  | x Determining Importance and Summarizing |
| x Monitoring and Clarifying |
| **ELPS** |
| **Rubric:****□ grid****□ Likert scale****□ observation-based**  **checklist** | □ Reading |
| □ Writing |
| x Listening |
| x Speaking |