

Mile Run

Grade: 11		Subject: Physical Education	
Materials: Timer, Student Name Sheet		Technology Needed: Phone for timer	
Instructional Strategies: <input type="checkbox"/> Direct instruction <input type="checkbox"/> Guided practice <input type="checkbox"/> Socratic Seminar <input type="checkbox"/> Learning Centers <input type="checkbox"/> Lecture <input type="checkbox"/> Technology integration <input type="checkbox"/> Other (list)		Guided Practices and Concrete Application: <input type="checkbox"/> Large group activity <input type="checkbox"/> Independent activity <input type="checkbox"/> Pairing/collaboration <input type="checkbox"/> Simulations/Scenarios <input type="checkbox"/> Other (list) Explain: Students will be running the mile as a group on the track above the gym	
Standard(s) S1.H3.L1 Demonstrates competency in one or more specialized skills in fitness activities.		Differentiation Below Proficiency: Student shows little effort during the mile run and may not reach the fitness zone Above Proficiency: Student gives their best effort and encourages classmates to do their best Approaching/Emerging Proficiency: Student gives effort needed to achieve a healthy fitness zone time for their run Modalities/Learning Preferences: Kinesthetics	
Objective(s) TLW do their best to reach the healthy fitness zone TLW do their best/give best effort Bloom's Taxonomy Cognitive Level: application		Behavior Expectations- (systems, strategies, procedures specific to the lesson, rules and expectations, etc.) Students will follow directions for the mile run and not mess around. Students are expected to give reasonable effort.	
Classroom Management- (grouping(s), movement/transitions, etc.) Students will arrive to the gym and listen to directions. Students will then line up and get ready to start the mile. Once they finish they will be given their time and have to put it in their fitness app on their phones			
Minutes	Procedures		
6	Set-up/Prep: <ul style="list-style-type: none"> Allow time for students to dress into gym clothes Make sure the track is cleared 		
5	Engage: (opening activity/ anticipatory Set – access prior learning / stimulate interest /generate questions, etc.) <ul style="list-style-type: none"> Ask students how their morning is Take attendance Make sure they brought their running shoes and phones to put in their times for mile 		
6	Explain: (concepts, procedures, vocabulary, etc.) <ul style="list-style-type: none"> Gather students to explain instructions Explain that they will be running 10 laps on the track which equals 1 mile. Explain the importance of doing their best and putting in effort Students should make sure their shoes are adequate for running and that they pace themselves so they do not over exert their bodies Let them know that once they finish I will give them their time and then they will put that time into their fitness app 		
25	Explore: (independent, concrete practice/application with relevant learning task -connections from content to real-life experiences, reflective questions- probing or clarifying questions) <ul style="list-style-type: none"> During this time, students will run the mile Students that finish before their teammates will encourage those that are still running 		
8	Review (wrap up and transition to next activity): <ul style="list-style-type: none"> Give students enough time to get water and dress back into their school clothes 		
Formative Assessment: (linked to objectives)			

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Progress monitoring throughout lesson- clarifying questions, check-in strategies, etc.

I will be assessing students on their effort throughout the run. I will also make sure I am knowledgeable with my lesson and can clarify any questions.

Consideration for Back-up Plan:

None needed

Reflection (What went well? What did the students learn? How do you know? What changes would you make?):

Students were able to pick a partner efficiently and followed directions. The students learned how to use technology to time their partner as well as learn to pace themselves when running. Students were able to work on their own and submit their times through an app. Changes that I would make is that if students are not able to bring in a device make sure to know beforehand so that you do not run into the issue of having to hand time some students.