# 5E Lesson Plan Template

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| Your name or Cooperating teacher name (if needed) | Tyler Groom |
| Date(s) taught | September 27, 2023 |
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| Materials | Chromebook, Projector |
| Standards (State and ISTE Standards for Students) | Physical Activity and Fitness: The physically literate individual demonstrates the knowledge and skills to achieve and maintain a health enhancing level of physical activity and fitness.Students engage in positive, safe, legal and ethical behavior when using technology, including in social interactions online or when using networked devices. |
| Objectives | Design and apply a warm-up and cool-down routine for physical activity.Warm up activity begins before class with dynamic stretches and jogging.(High knees, lunges, karaoke)Cool down activity involves static stretches. |
| Differentiation Strategies | The use of larger equipment will help those who struggle to use the regulation ball.More time for certain students to complete warmups. |

## The 5 Es

| E | Description |
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| Engagement | Students must log onto their chrome books to engage in an assignment to discuss with their peers and be assessed on their knowledge of fitness and volleyball |
| Engagement Assessment | A quiz will be completed online to assess the student knowledge on fitness and the lesson on volleyball |
| Exploration | Students will perform exercises that prepare their bodies for physical activity.Students attempt to set and pass a volleyball to their group members in circles.<https://youtu.be/h5mpBCRK_yk?si=ON13dnTvYtwq5g78>This video shows how to properly set a volleyball. |
| Exploration Assessment | The students will use chrome books to answer questions on what they have performed. |
| Explanation | We get into groups first and the demonstrate how we want the activity to work. We demonstrate how to properly set and pass to their teams. |
| Explanation Assessment | Students will answer an exit slip on the lesson we covered today. |
| Elaboration | **Students will now participate in a student created kahoot game made by EACH team. The class is split up into teams at the beginning of school and they will make their own kahoot game to let the other students engage in to learn terminology and vocabulary.**  |
| Evaluation | **The grade is out of 35 points****15 points: Complete 10 question quiz on kahoot about volleyball terms, gameplay, and fundamentals** **10 points: Correct spelling****10 points: Full participation from each team member.** |

## References

Bybee, R.W. et al. (1989). *Science and technology education for the elementary years: Frameworks for curriculum and instruction.* Washington, D.C.: The National Center for Improving Instruction.

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National Research Council. (1999). *Inquiry and the national science education standards: A guide for teaching and learning.* Washington, D.C.: National Academy Press.

Polman, J.L. (2000). *Designing project-based silence: Connecting learners through guided inquiry.* New York: Teachers College Press.