



Rio Grande Educational Collaborative Before and After School Program Lesson Plan

Lesson Title:	Do you exercise every day?	School:	Date:06/03/19
Instructor Name:	Erika Foster		
Class Size	30	Lesson Credits: (Where did you get your ideas for you lesson ie: website) Fitness Genius	

Guidelines: Lessons should be at least 60 minutes, and MUST pertain to literacy.

NM State Standards:	<p>Content Standard 1: Students will comprehend concepts related to health promotion and disease prevention. Students will:K-4 Benchmark 1: identify/describe/understand the relationships between personal health behaviors and indiv CCSS.ELA-LITERACY.SL.1.1</p> <p>Participate in collaborative conversations with diverse partners about <i>grade 1 topics and texts</i> with peers and adults in small and larger groups.</p> <p>CCSS.ELA-LITERACY.SL.1.1.A</p> <p>Follow agreed-upon rules for discussions (e.g., listening to others with care, speaking one at a time about the topics and texts under discussion).</p>		
<p>Please Visit www.nvstandards.org New Mexico Health Standards</p>			
Learning Objectives:	<p><i>[Instructional context]</i> After listening to <i>If You Decide to Go to the Moon</i> by Faith McNulty and identifying relevant words during the read-aloud <i>[what students will do]</i> students will write a list of words <i>[what students will learn]</i> that are content-specific vocabulary.</p> <p>Students will discuss what activities they think are exercise.</p> <p>Students will discuss what their favorite sport is.</p> <p>Students will then participate in a guided stretching activity and include their favorite stretch.</p>		
Lesson Materials & Equipment	Item:	Quantity:	Special Requests for RGECE Equipment:
	Open floor space		

INSTRUCTIONAL SEQUENCE Please note: *This section should be written so that a substitute teacher could pick it up and teach the lesson successfully. Include estimates of wait time, questions you may ask, and as many specific details as possible.*

- *Body of the Lesson:**
1. (What you will say/do to assess, connect to, or build, necessary background knowledge.
 2. Describe step-by-step what the students will be doing during the lesson.
 3. Opportunities to participate in small groups.
 4. Activity to process daily participation

1. Instructor will discuss how we exercise every day and don't even know it.
2. Discuss examples of everyday exercise: house cleaning, walking, dancing, playing musical instruments, playing outside etc.
3. We are constantly exercising and using different muscle groups. So why do we get sore?
4. We need to stretch our muscles out before we exercise.
5. Instruct students to form a circle in the middle of the room. Instructor will talk about different stretching methods such as using yoga.
6. Discuss the importance of yoga, correct breathing and posture.
7. Demonstrate different stretches and encourage students to volunteer and share their favorite stretch

Signature: _____ **Date:** _____



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