**Lesson Plan Format**

**Class Name:** **Skill Level:**

**Length of Lesson:** 45 minutes **# of Meetings/Wk:**

**Major Focus:** **Teaching style:**

**Sub focus:**

**Objectives (Learnable Pieces)**

**Standards: The standards/benchmarks your lesson work towards.**

**Student Voice: How your lesson connects what you have learned from the youth to what you are going to do today. Be specific (see example below)**

After the mini lesson plan sampler the students mentioned that they really like direct teaching and the teacher feedback. So, we combined them in a plyometrics/Pilates work out. Neither one of us were experts in plyos or Pilates but after watching a few videos we were able to develop lesson plans for activities that the students may not have experienced yet. Giving two different types of muscle strength training activities also answers the students need for choices.

**Materials: (What you need for your lesson)**



**Organization/Management: (How the class will be organized)**

**Introduction:**

This is where you articulate how you are using their information to guide your lesson planning and simultaneously introducing your lesson.

**Task Develop: Develop your lesson tasks. For each task you should include appropriate cues and an easier and more difficult modification. Keep in mind your lessons should be 45 minutes. See sample lesson plan for an example.**

**Closure—Connect your lesson back to your learning objectives.**