Daily Lesson Plan

Course Name: Health Care		**Course Code:** TPJ2O
Grade Level: 10	**Duration:** 3 hours	**Lesson No:** 1.2
Unit: 1 – Physical Health	**Topic:** Exercise	

Overall Expectations *(Directly from The Ontario Curriculum)*
A2: Describe factors that affect personal health and well-being; B2: Develop and use a variety of age-appropriate recreational activities to promote safe and healthy play for children and adolescents

Specific Expectations *(Directly from The Ontario Curriculum)*
A2.3: Describe the benefits of different types of exercise (e.g., aerobic versus strength conditioning) and/or sports, and explain how a regular fitness or sports program can promote good health; B2.1: create a recreational activity for either a child or an adolescent that is age appropriate and safe and that promotes a health, fitness, or social objective

Learning Skills *(Where applicable):*
Independent Work – Students will self-study before and after class. Responsibility – Students must post their homework on the forums before class. Initiative – Students are encouraged to ask questions during the Q&A session. Collaboration – Students will work in groups for the final production activity. Self-Regulation – Students will do an exit card before class.

Learning Goals *(What do I want the students to know and/or be able to do?)*

Today you will:
    1. Explain how exercise affects health
    2. Explain four types of exercise

Success Criteria *(Based on the application, how will I know students have learned what I intended?)* *(Recording Devices: anecdotal record, checklist, rating scale, rubric)*
By the end of class I can: 1. Create an exercise schedule

Materials and Resources
Lesson article: https://www.weeklywisdomblog.com/post/exercise-101

Lesson Structure and Activities	
Timing	**Lesson**
Independent Work Before Class	
60 minutes	**Lesson Note** • Read the lesson note, take notes, and answer the questions • Post your notes on the homework forums
20 minutes	**Glossary Quiz** • Study the glossary on Moodle • Then do the glossary quiz on Moodle before class
10 minutes	**Exit Card** • Do the exit card before class.
During Class	
10 minutes	**Announcements** **Slide: Announcements** • Teacher will go over announcements related to the course.
10 minutes	**Homework Q&A** **Slide: Homework Q&A** • Students will be required to ask some questions about the homework to encourage deeper thinking and to clarify understanding for the class
30 minutes (cumulative 40 minutes)	**Group Production** **Slide: Production** • Students will be put into groups to create an exercise schedule and program for youths. They will explain the benefits of each exercise and demonstrate it.
30 minutes	**Production Presentations** **Slide: Presentations** • Students present their exercise programs to the class. • Teacher gives feedback
15 minutes	**Quiz** **Slide: Quiz** • Students will do the lesson quiz on Moodle

5 minutes	**Homework Assignment**
	Slide: Independent Work for Next Lesson
	• Teacher will assign the independent work for next lesson

Assignments / Homework

1. Do readings and answer the questions for next lesson
2. Post your notes on the homework forums
3. Do the glossary quiz
4. Do the exit card

Reflections
(What do I need to do to become more effective as a teacher in supporting student learning?)

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Assessment Strategies
Check all that apply (*Teacher may modify the list*)

For Learning	As Learning	Of Learning
Student product: □ Diagnostic tests □ Practice quiz □ Pop quizzes □ Homework □ Class notes □ Peer feedback □ Practice questions □ Practice tests **Observation:** □ Class discussions □ Peer feedback **Conversation:** □ Student teacher conferences □ Small group discussions	**Student product:** □ Learning logs □ Self-assessment sheet □ Homework □ Self-analysis sheet □ Peer-analysis sheet **Observation:** □ Whole class discussions □ Group discussions **Conversation:** □ Student teacher conferences □ Small group discussions □ Pair work	**Student product:** □ Assignments □ Tests □ Exam □ Case studies □ Business report **Observation:** □ Student-led discussion/debate □ Presentation □ Performance tasks **Conversation:** □ Student teacher conferences □ Question and answer session

Lesson Tools
Check all that apply (*Teacher may modify the list*)

Direct Instruction	Indirect Instruction	Instructional Skills
□ Structured overview □ Lecture □ Compare & contrast □ Socratic method □ Demonstrations	□ Problem solving □ Case studies □ Reading for meaning □ Inquiry □ Reflective discussion □ Writing to inform □ Concept formation □ Concept mapping □ Concept attainment	□ Explaining □ Demonstrating □ Questioning

Interactive Instruction	Independent Study	Experiential Learning
□ PowerPoint □ Video clip □ Debates □ Role playing □ Brainstorming □ Peer partner □ Learning/analysis □ Discussion □ Laboratory groups □ Cooperative learning □ Groups □ Jigsaw □ Problem solving □ Conferencing	□ Essays □ Computer assisted □ instruction □ Journals □ Learning logs □ Reports □ Learning activity packages □ Correspondence lessons □ Learning contracts □ Homework □ Research projects □ Assigned questions □ Learning centers	□ Field trips □ Conducting □ Experiments □ Simulations □ Games □ Story telling □ Focused imaging □ Field observations □ Role-playing □ Model building □ Surveys □ Case studies