

<u>Name:</u>	Heather Hossenlopp
<u>Date:</u>	September 2001
<u>Subject:</u>	Math and Health Grade one
<u>Topic:</u>	Exercise Video
<u>Objectives:</u>	-The students will participate in the making of a exercise video
<u>Standards:</u>	-Health, Physical Education and Home Economics Standard #1 Personal Health and fitness -Math, Science, and Technology Standard #5 Technology
<u>Materials:</u>	-Video Camera and tripod (be sure a charged battery is included) -CD player and CDs -Plenty of room
<u>Goals:</u>	-Create a fun way for students to learn how to exercise and use various technology at the same time.
<u>Anticipatory Set:</u>	-The teacher will gather the students on the carpet. -The teacher will remind students of the exercises that they learned during the last lesson. -The teacher will ask what important things they need to remember while exercising.
<u>Procedure:</u>	-The students will be lined up in three lines and spread out to give each on room to exercise. -Throughout the taping the students will be rotating so that each child will direct one exercise and use the video camera. -One by one the students will rotate to the front and introduce themselves and their exercise. -The leader will then lead the class in doing ten of the chosen exercise. -Extra teacher will be available to help with the rotation and reminding the students which exercise they will be leading.
<u>Assessment:</u>	-Each student will be in charge of showing the rest of the class how to do their exercise. -The leader will be the one counting the exercise out.
<u>Closure:</u>	-The students will all gather on the carpet to rest and then get drinks and move on to the next activity (lunch). -The students will be able to view their video later that day or that week.
<u>Teacher Reflection:</u>	-Did everything run smoothly? -Did each child carryout their tasks effectively?

	-Was the right amount of teacher helps available?
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