

**LESSON PLAN**  
**Department of Exercise and Sport Science**  
**Manchester College**

**Teacher:** Andy Williams **Date of Lesson:** November 2, 2010 **Time Period:** 12:40-1:20  
**Grade Level:** 190 **Number of Students:** 12 **Lesson Focus:** Fun for **Teaching Style:** Rhythmic

**Learning Standards**

(C) Standard 1. Movement Concepts: Students demonstrate an understanding of movement concepts, principles, strategies, and tactics as they apply to the learning and performance of physical activities.

A. Standard 5. Responsible Personal and Social Behavior: Students exhibit responsible personal and social behavior that respects self and others in physical activity settings.

(F) Standard 1. Motor Skills and Movement Patterns: Students demonstrate competency in motor skills and movement patterns needed to perform a variety of physical activities.

**Performance Objectives**

(C) TWGAT describe the components of a right-hand jab, when addressed informally, correctly identifying 2/3 of the steps (T.2-3).

A. TWGAT provide a safe personal space for himself and those around him, during guided practice personal observations, with 1 or less violations during the entire class (T.3-5).

(F) TWGAT keep pace with the workout video, during guided practice informal assessments, falling behind on no more than 2 occasions (T.3-5).

**Engagement Materials**

Television/DVD player, space for 12 students to spread out and move.

**Skill Development (Preparation: Garden and Bloom referenced)**

Warm-up Activity

Take students through a series of calisthenics (high knees, butt kicks, karate, feet back, skip for height, skip for distance, sidestepp, etc.) to get them warmed up, excited, and ready to go.

Introduction/Get to know you

-Explain that we will be doing a rhythmic lesson on Tue. W.

-Ask if anyone has heard of Tue. W. and what it is (Bloom's Comprehension).

-Explain that it is a fun cardiovascular workout that combines elements of Tae Kwon

Do, kick boxing, and dance. Explain that it is not a means of self-defense, it is simply designed for workout purposes.

-Ask if anyone knows what I mean by a cardiovascular workout (Bloom's

Comprehension). Explain:

# Lesson Plans For Strider

**RJ Alexander**



## Lesson Plans For Strider:

*Public Works for Water, Pollution Control, and Power Development and Atomic Energy Commission Appropriations for Fiscal Year 1973* United States. Congress. Senate. Committee on Appropriations, 1972 Doom Striders Bastion Press, 2003-12 **Language Arts** Mildred R. Donoghue, 2008-08-05 A clear introduction for the teaching of language and communication *Ecologizing Education* Sean Blenkinsop, Estella C. Kuchta, 2024-04-15 No detailed description available for Ecologizing Education Study Guide to The Fellowship of the Ring by JRR Tolkien Intelligent Education, 2020-02-15 A comprehensive study guide offering in depth explanation essay and test prep for JRR Tolkien's *The Fellowship of the Ring* the first of one of the most well known series in the world *Lord of the Rings* Trilogy As an epic novel of the mid twentieth century Tolkien used elements of Nordic folk Christianity and realism to create the Middle earth world Moreover *The Lord of the Rings* Trilogy was written in long hand revised and then the whole work was rewritten backwards due to the first time authors lack of funds and showing the author's skill as a writer and scholar This Bright Notes Study Guide explores the context and history of Tolkien's classic work helping students to thoroughly explore the reasons it has stood the literary test of time Each Bright Notes Study Guide contains Introductions to the Author and the Work Character Summaries Plot Guides Section and Chapter Overviews Test Essay and Study Q As The Bright Notes Study Guide series offers an in depth tour of more than 275 classic works of literature exploring characters critical commentary historical background plots and themes This set of study guides encourages readers to dig deeper in their understanding by including essay questions and answers as well as topics for further research **The Living Church** , 1942 **WHO standard: universal access to rapid tuberculosis diagnostics** World Health Organization, 2023-04-14 Directory of Organization and Field Activities of the Department of Agriculture , 1959 **Directory of Organization and Field Activities of the Department of Agriculture, 1962** , 1962 **The Natural Law of Cycles** James H. Bunn, 2017-07-28 *The Natural Law of Cycles* assembles scientific work from different disciplines to show how research on angular momentum and rotational symmetry can be used to develop a law of energy cycles as a local and global influence Angular momentum regulates small scale rotational cycles such as the swimming of fish in water the running of animals on land and the flight of birds in air Also it regulates large scale rotation cycles such as global currents of wind and water James H Bunn introduces concepts of symmetry balance and angular momentum showing how together they shape the mobile symmetries of animals Chapter 1 studies the configurations of animals as they move in a head first direction Chapter 2 shows how sea animals follow currents and tides generated by the rotational cycles of the earth In chapter 3 Bunn explores the biomechanical pace of walking as a partial cycle of rotating limbs On a large scale angular momentum governs balanced shifts in plate tectonics Chapter 4 begins with an examination of rotational wind patterns in terms of the counter balancing forces of angular momentum The author shows how these winds augment the flights of birds during migrations A final chapter centres on the conservation of energy as the most basic

principle of science Bunn argues that in the nineteenth century the unity of nature was seen in the emergent concept of energy not matter as the source of power including the movements of animals and machines In each chapter Bunn features environmental writers who celebrate mobile symmetries This book will interest students naturalists and advocates of the environmental movement      **Mayflower Hill** Earl H. Smith, 2006 A lively history of Colby College from its founding in 1813 to the present day      **Animal Locomotion** Graham Taylor, Michael S. Triantafyllou, Cameron Tropea, 2010-03-20 The physical principles of swimming and flying in animals are intriguingly different from those of ships and airplanes The study of animal locomotion therefore holds a special place not only at the frontiers of pure fluid dynamics research but also in the applied field of biomimetics which aims to emulate salient aspects of the performance and function of living organisms For example fluid dynamic loads are so significant for swimming fish that they are expected to have developed efficient flow control procedures through the evolutionary process of adaptation by natural selection which might in turn be applied to the design of robotic swimmers And yet sharply contrasting views as to the energetic efficiency of oscillatory propulsion especially for marine animals demand a careful assessment of the forces and energy expended at realistic Reynolds numbers For this and many other research questions an experimental approach is often the most appropriate methodology This holds as much for flying animals as it does for swimming ones and similar experimental challenges apply studying tethered as opposed to free locomotion or studying the flow around robotic models as opposed to real animals This book provides a wide ranging snapshot of the state of the art in experimental research on the physics of swimming and flying animals The resulting picture reflects not only upon the questions that are of interest in current pure and applied research but also upon the experimental techniques that are available to answer them      **Resumes and Cover Letters that Have Worked** Anne McKinney, 1996 Model cover letters and resumes cover such fields as aviation communication finance and sales

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