

LESSON EXEMPLAR PLAN IN GRADE 3 SCIENCE ELEMENTARY

I. OBJECTIVES					
A. Content Standard	At the end of discussion students will be able to ; Identify the things found in the surroundings.				
B. Performance standard	Classify the object as living and non-living things				
C. Learning Competency	Learn to appreciate the contribution of plants in making the surrounding green and beautiful.				
1. Unpackaged competency					
II. SUBJECT MATTER					
A. Topic	The Surroundings				
B. Science Ideas	The term "living thing" refers to things that are now or once were alive. A "non-living thing" is anything that was never alive. In order for something to be classified as living, it must: grow and develop, use energy, reproduce, be made of cells, respond to its environment, and adapt.				
C. Science Processes	These "things" can be categorized into two different types – Living and Non-living Things. All living things breathe, eat, grow, move, reproduce and have senses. Non-living things do not eat, grow, breathe, move and reproduce. They do not have senses.				
D. Values Focus	Focus and cooperation				
E. Materials	Pictures of living and non-living things, pentel pen, manila paper				
F. References	https://pdfcoffee.com/2ndcot-science-3-pdf-free.html				
Other Learning Resources					
III. LEARNING ACTIVITIES					
ENGAGE					
	Let the students observe two objects, one is living and the other one is non-living. Let them to observe the. Share their observations in class.				
	<table border="1" style="width: 100%; text-align: center;"> <tr> <th style="width: 50%;">LIVING</th><th style="width: 50%;">NON- LIVING</th></tr> <tr> <td>  </td><td>  </td></tr> </table>	LIVING	NON- LIVING		
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Grade 1physical Science Exemplar Paper2014

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added a coach s corner nfl flag play 60 practice plan with sample plays blue cheetah empty red arrow empty shotgun green delay slot out n up slot right green post but is owned by and subject to the nfl

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youth flag football drills while the temptation may be to spend practice time running plays over and over you should spend the bulk of practice running drills to improve the individual skills of your team below are some youth flag football drills to use in your practices

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mar 24 2020 1 routes at home or in a park flag football players can practice running different routes on their own simple routes such as 5 yard curls out routes and deep routes are good ones to practice a 5 yard curl route consists of the player running in a straight line and then turning around to catch the ball

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september 30 2021 12 min watch brand new flag football players have a lot to learn there are the core skills of flag football running flag pulling throwing catching handoffs snapping defense routes and positions but there s also basic speed agility coordination and communication the best way to get u6 players up to speed

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oct 10 2022 flag football drills are going to be the bulk of your planning this is where players learn basic flag football skills develop their technique and fine tune their offensive and defensive strategies that said we like to divide flag football drills into three buckets drills that teach fundamental skills like passing receiving and footwork

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this study investigated the criterion related validity of past performance and physical ability tests over time in a physically demanding context the national football league nfl results suggested that an indicator of past performance collegiate performance engendered a stronger relationship with future nfl performance than a variety of

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the flag football practice plan outlined above is used for the first practice after a game during all other practices i replace the film screening and weight training with a solid rotation of position drills and special teams

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breaking in the direction of sidelines after a catch and catching the ball at the highest possible point is important in flag

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in the first half of the book we have drills for passing catching footwork basic blocking and tackling or flag pulling positional skills and drills for both offense and defense we ll divide these drills into three categories basic football skills passing catching kicking and footwork

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be organized have a plan ready before football practice that includes warm up drills and a scrimmage have structure to your flag football practice each activity should have a time limit and meaning stick to the basics of youth flag football don t over complicate your practices and flag football plays

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