



## Grade 6 Sample Lesson Plan: Unit 2 – Adapted- Deck of Cards

### **Description**

Please see attached handout for a lesson submitted by a Virginia teacher

### **Handout**

The next page includes a handout for the lesson. The handout is designed for print use only.

# Adapted PE Lesson-Middle School

Teacher: Adapted PE

Subject: Fitness

Date: 9.23.19

SOL(s)/Standards: 6.3, 6.4

Lesson Title: Deck of Cards Workout

Learning Targets to be used to frame the lesson:

- I can perform various exercises with proper technique to enhance my personal fitness.
- I can make a connection between the benefits of exercise and improving quality of life.

IEP Objective to collect data on: *Student will demonstrate increased balancing skills by balancing on each leg for 8 seconds, without assistance, in 3 out of 4 trials in a nine weeks period.*

Description of student with special needs:

Student uses a power wheelchair and can get out to walk but has limited range of motion and strength.

Lesson/Academic Vocabulary students will need to be familiar with for this lesson.

- repetitions
- Components of fitness

Lesson Sequence: (bulleted activities that include the introduction/hook activity)

Warm-up 10 minutes

Students enter the gym and read the board: **Motivation Monday: What (or who) motivates you to do your BEST in all that you do?**

- **Think-Pair-Share:** Students will think to themselves, while briskly walking the perimeter of the gym. On the whistle, students will stop and pair up with the person closest to them. When instructed to share, they will balance on one leg and share their responses to the question. They will do this again, following the same format, but when instructed to share it is with a different peer and balancing on the opposite leg.

**\*TA/IA should be in close proximity to the student in the event he begins to lose his balance.**

**\*Teacher will collect data on student using a stopwatch when he begins to balance- document on data collection sheet date, length of time balanced on each leg and whether assistance was given.**

Lesson 15-20 minutes (Deck of Cards Workout)

- Place a deck of cards, scattered, face down in the middle of the gym.
- Divide the class into 4 groups- number students 1-4 and designate a corner of the basketball court for them to go to. **\*designate 2 students to carry and unfold the mat in area student is assigned**  
**\*IA/TA will assist student in unbuckling so he can get out of his power chair, he will walk to the mat and IA/TA will assist him in sitting on the mat to prepare for the activity.**
- When instructed to begin, one student from each group will run to the middle of the gym to pick up a card, run it back to their group, announce what it is and the group will perform the appropriate exercise based on the suit of the card and repetitions of exercise based on the value of the card- the exercise key is projected on the wall for all to see. **\*Teacher will review the modified exercises with the student to check for understanding- he will perform these independently.**

- Once the group finishes the exercise, the next student runs to the center, retrieves the card and returns to the group. **\*When it is the student's turn, he can choose a peer to retrieve a card for him so he can announce what it is.** This continues until all of the cards are gone.

**Exercise Key:** Spades- squats; Diamonds- push ups; Hearts- flutter kicks; Clubs- superman's  
\*repetitions are the number on the card.....face cards are 10, Aces are 11

**Differentiation:** *Instead of squats, student can perform seated walks on the mat and upper body ball squeeze for push ups; a peer can run to the center to retrieve a card for him and bring it back for him to announce the exercise and repetitions*

**Accommodations:** a mat for the student to sit on; small to medium size gator skin ball

**Closure Activity 10 minutes**

- Students will stretch in their groups and discuss the components of fitness they worked on.
- Students will discuss in their groups how being physically active leads to a healthy body.

**Materials:** Deck of cards, Exercise key: project on wall (projector); small/medium gator skin ball

**Formative Assessment Strategies:** Check for understanding of components of fitness after activity.

**Summative Assessment:**

- Students will provide at least one everyday living activity that can be improved by performing these types of exercises- i.e. flutter kicks = posture