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| **Lesson Plan** | **4ESO** | **Teacher Candidate(s):** | **Grade: 4 ESO B** | **Equipment:** |
| **1. Leila Medina** | |
| **2.Anna Rubio** | |
| **Name Activity: Zumba** | |
|  | **Students:** | **References:** |

|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Lesson Components** | **Time (mins)** | **Organization** | **Description** | | | | | **Observations** |
| **Instant Activity** | 3’ |  | Background music while the teachers start teaching the moves. | | | | |  |
|  |  | Transition |  | | | | |  |
| **Introduction** | 3’ |  | Placement (the one who know dancing are going forward, the ones who doesn’t backwards) and repeat the steps without music. | | | | |  |
|  |  | Transition |  | | | | |  |
| **Fitness Activity** | 3’ |  | The teachers dancing with the music and the students try to follow them. | | | | |  |
|  |  | Transition |  | | | | |  |
| Body of Lesson  (Lesson Focus) | **Body of Lesson (Lesson Focus)** | | | | | | | |
|  |  | Cues | | Challenges | Modifications | |  |
| 4’ | Task #1 | a. We will look that the students do it the better they can correcting their mistakes. | | | | |  |
|  |  | b. Head movement with arm movement next to the head in circles forwards. | Arms pointing to the left and body to the right, once each side and then twice in one. After we repeat it in the opposite direction. | | | Easier –  Harder - |  |
|  | Transition |  | | | | |  |
| 4’ | Task #2 | a. We will look that the students do it the better they can correcting their mistakes. | | | | |  |
|  |  | b. Move your legs one side to the other while your arms are going in front of you and behind. | Turn 45º your body to the left while your arms are behind you moving one side to another and when your arms are in the right side your feet is going to do a hard step. | | | Easier –  Harder - |  |
|  | Transition |  | | | | |  |
| 4’ | Task #3 | a.We will look that the students do it the better they can correcting their mistakes. | | | | |  |
|  |  | b. Raise your arms four times. Every time your arms are up you do one little step backwards | Country steps to the right ending it with finger snapping. Then you do it to the other side. | | | Easier –  Harder - |  |
|  | Transition |  | | | | |  |
| 4’ | Task #4 | a. We will look that the students do it the better they can correcting their mistakes. | | | | |  |
|  |  | b. You do an X raising one arm when you do a step forward and put them down when you’re doing a step backwards. | Turn to the right with your hand up and then to the left opening to the side your arms and when you close them you make a clap. | | | Easier –  Harder - |  |
|  | Transition |  | | | | |  |
| 4’ | Task #5 | a. We will look that the students do it the better they can correcting their mistakes. | | | | |  |
|  |  | b. You can make the step you want is freestyle. |  | | | Easier –  Harder - |  |
|  |  | Transition |  | | | | |  |
| **Lesson Closure** | 1’ |  | At the end of the class we will do some stretching. | | | | |  |
| **Evaluation of Lesson** | *Post-planning: “Teaching Assessment”*  *Teacher Reflection: Personal* | | | | | | | |
| **Instructional Supports** | *(Include any assessment, task cards, etc.): Describe and number* | | | | | | | |

Lines:

Arc, Jenxen, Ryan and Aaron

Michael, Merhea, Kristal and Irene

Paula, Sara, Laura and Monica