**Lesson Cycle (Gradual Release of Responsibility)**

**Lesson Title/Topic: Athletic Trainer**

**Standards: 116.22(b)(5)(C)**

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| **Lesson Objectives:** The Students will perform physical activities, in teams of two, and complete them accurately and safely with a time of 2 minutes or less. | **Assessment: Complete obstacle course.** |
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**Materials:** Hula hoop, Jump ropes, tennis balls, safety cones, word search, pencils, and tri-fold board.

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| **The teacher will:** | **The student will:** |
| **Focus:** **Present a tri-fold board that will answer** **following questions:*** **What do athletic trainers do?**
* **Do you need to go to college to be an athletic trainer?**
* **What are some other job titles related to the athletic trainer field?**
* **What is the average salary of an athletic trainer?**
 | **View the board and absorb the information presented by the instructor.** |
| **Teacher Input (I Do):*** **What do athletic trainers do? Athletic trainers can do a numerous amount of things. They are known for assisting athletes to enhance their physical performances.**
* **Do you need to go to college to be an athletic trainer? Most athletic trainers go to college and major in Kinesiology. It is not a requirement to go to college in order to be an athletic trainer, but in order to obtain a specialty it is a requirement.**
* **What is the average salary of an athletic trainer? On average an athletic trainer’s salary ranges from about 44,000-50,000 dollars a year.**
 | **Review and discuss any question they may have with the instructor about the profession of an athletic trainer.** |
| **Guided Practice (We Do):** **Inform the students of the activities they will be performing.****Give students detailed directions to the activities to ensure each child’s safety****Activity 1: Obstacle course****Activity 2: Group Juggle****Activity 3: Circle Ball** | **Complete the obstacle course with a time of three minutes or better.** |
| **Independent Practice (You Do):****Obstacle Course** | **Students will complete the obstacle course under 8 minutes. Each student’s time will be documented and over time will check for improvement.** |
| **Closure:****How would you improve your time on the obstacle course?****Why is it better to stretch before doing any physical activity?****Would it be better if we warm up then stretch or just stretch before an activity?**  | **Answer questions as a group.** |

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| ***Bloom’s Level(s)******Synthesis******How would you improve?******Evaluation******Why is it better that?******Would it be better if?*** |  ***Technology Integration******6th grade Obstacle Course***<https://www.youtube.com/watch?v=6BvujjfnuHc> |
| ***Extension:*** ***Students will be given a time sheet. Over time the students will be required to continue to improve their times on the obstacle course. The teacher will give a two week notice of the retest. Students will be graded based upon their improvement.*** | ***Reteach:*** ***Will focus more on the activity. Making sure each student is acclimated to each area of the obstacle course. Also on breathing techniques to allow students to obtain better results on the course.*** |

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| **Accommodations / Modifications:****For students with Intellectual Deficiency:*** The student will only be given one task and attempt to simplify vocabulary according to a student’s limitations.

**For ESL students:*** The teacher will label each activity that is being performed student will be required to say the name of the activity before performing it, this will not factor into the time allotted to complete obstacle course.

**For a Student with Traumatic Brain Injury*** The teacher will give the student extra time to complete the assignment, and provide the student with one on one instruction to ensure the he/she is receiving the information.
 |  **References:** **Step by Step to becoming an Athletic Trainer**<https://study.com/articles/Athletic_Trainer_Summary_of_How_to_Become_an_Athletic_Trainer.html> |