

Standards-Based Lesson Template

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Teacher:	Freddie Galvan
Class:	Medical Terminology
Lesson/Unit Title:	Pre-Game Activation Drills
Abstract/summary of lesson:	Utilize the warm-up and activation techniques to help athletes be better prepared for games.
Students will know...	How to perform activation techniques for the pitchers and other players. Students will learn the purpose of activation techniques and how they benefit athletes to help reduce the risk of injuries.
Students will be able...	<ul style="list-style-type: none">- identify the needs of an athlete- implement the proper activation techniques based on the position of players- to perform pre/post game stretches that assist with reducing risk of injury- assist with rehabilitation techniques that will help athletes return to game play
Standards/Skills addressed	Apply appropriate technical skills and academic knowledge Communicate clearly, effectively, and with reason
Performance tasks/projects:	The goal in this section is for the students to practice and learn how to perform the activation techniques. Students will have ample time to practice and perform, so they should not fail because of the hand-on approach that will provide them with plenty of time to practice the technique.
Test and quiz questions or essay prompts:	Demonstrate proper techniques that can be used to help activate a pitcher on gameday and prior to a game.
Other evidence to be used (e.g., observations, evaluation of work samples, discussion):	Students will have opportunities to perform the skills on each other and later will be evaluated when they are able to properly perform the skills to student athletes.
Student self-assessments:	Self-assessments will be required to ensure that the students are well prepared to perform all of the necessary techniques. Students will have the opportunity to work on each other and self-assess their performance to be certain that they use each other while learning the techniques.
Objectives	How to perform activation techniques for the pitchers and other players. Students will learn the purpose of activation techniques and how they benefit athletes to help reduce the risk of injuries.
Application/Activities:	<ul style="list-style-type: none">- demonstrate by example and be able to show the students how to perform the activation techniques- student will learn off of each other by following the steps demonstrated and provided- once the students have control of all of the techniques, they will perform on student-athletes

Materials needed:

video projector
understanding of basic anatomy
rubric with steps
athletic table or station for athlete to lay down

Assessment/Evaluation:

Demonstrate proper techniques that can be used to help activate a pitcher on gameday and prior to a game.
Students will work on each other to understand the movement of the techniques, then will perform on student-athletes to demonstrate control and understanding of the skill

Closure/Reflection:

- 1- student will learn to perform activation techniques for athletes based on their position of play
- 2 - students will demonstrate what they learned by showing a hands-on demonstration of the learned techniques.
- 3 - student will have to practice daily warm-up and demonstrate the hands-no skill on each other and homework for this assignment is to practice on individuals at home
- 4 - Today you learned the purpose of the activation techniques, tomorrow you will be able to perform these techniques on each other, and next week you should be able to perform on other athletes.