

TEACHING PRESENTATION LESSON PLAN SAMPLE

Lesson Topic: Developing a Lasting Exercise Program

Time allotted	Teaching Activity	Resources Needed	Rationale
1 minute	Introduction of topic with learning outcomes	PowerPoint: select exercise activities; learning outcomes	Provide a clear idea of the lesson goals
3 minutes	Importance: Statistics on benefit of exercise; engage class to share what is relevant	PPT slide	Motivate the class on the value of exercise. Early engagement
2 minutes (think), 3 minutes (pair), 3 minutes (share) 8 minutes total	Think, pair, share: write down hindrances to exercise, share with partner. Discuss with the class, List obstacles on the board	Class needs paper and pens or a laptop/tablet to write ideas	Sharing in pairs will help students process, and will increase disclosure and engage at a personal level.
5 minutes	Video of research-based tips to help develop an exercise program	Video	Video presents information from experts. Credible and entertaining
3 minutes paired sharing, 3 minutes' discussion as a class 6 total minutes	Pair groups: Does the video's information address overcoming obstacles discussed earlier		Increase personal application.
3 minutes	Additional information on how to overcome obstacles in developing an exercise program	PowerPoint slides	Provide additional information on barriers
1 minute—lingering question, 1 minute—sharing example questions 2 total minutes	Write one lingering question you have in developing an exercise program. Volunteers share questions	Write these on the board	Keeping them engaged on personal application.
1 minute	Resources for additional information. Focus on any that seem especially pertinent to the lingering questions.	Handout	Provide resources to get additional information on disclosed obstacles.
1 minute	Brief class-individualized summary of key points		Summarize the information most pertinent to facilitate class learning