

Screencasting Lesson Plan

Summary

Students will create their own stretching video. Video needs to have at least 8 stretches.

Main Core Tie

Health Education I (7-8)

[Strand 5: NUTRITION \(N\) Standard HI.N.2:](#)

Time Frame

1 class periods of 45 minutes each

Group Size

Individual

Materials

Each student will need their own iPad or iPhone for this assignment

Background for Teachers

Teachers will need to be able to teach the about the iMovie App. Teachers will also need to have some knowledge of the components of fitness.

Student Prior Knowledge

Students will need to have learned about the components of fitness and how stretching is one of those key components.

Intended Learning Outcomes

Students will know how to compose a stretching routine and be able to use the iMovie App. Students will also be able to identify key concepts on how to keep the body healthy.

Instructional Procedures

- Explain how to use iMovie
- Teach importance of stretching in relation to health and fitness
- Create Screencasting videos

Strategies for Diverse Learners

Students who struggle or have special needs will be paired up with another student to help.

Assessment Plan

We will watch these videos in class and I will be able to asses their knowledge by seeing if they completed the video.

Authors

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