

# 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

[Chelsey Furniss](#)