**Grade: 10 Unit: Ankle Taping Dates: ­April 21-24**

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| **Lesson Number** | **Lesson Title** | **GLO’s** | **SLO’s** | **Learning Activities** | **Assessment** | **Instructional Strategies** | **Equipment** | **Mot** |
| 1April 22 | Ankle Review& Closed Basket Weave | Technical Foundations for Injury Management#3 | 3.13.23.4*(3.4.1, 3.4.2, 3.4.3, 3.4.4)*3.5*(3.5.1, 3.5.2, 3.5.3)*3.6*(3.6.2)* | 1.Quickly review some ankle anatomy, terms (inversion, eversion, plantar flexion, dorsiflexion) and common ankle injuries.2.Show tape job video twice3.Allow students to practice their anchors, stirrups and horseshoes. | Observation | Direct InstructionCooperative learningGuided Discovery | Power pointFoot modelTapePro WrapTape Job videoTaping textbook | Working in partners/groups.Video |
| 2April 23 | Closed Basket Weave Practice | Technical Foundations for Injury Management#3 | 3.5*(3.5.1, 3.5.2, 3.5.3)*3.6*(3.6.2)* | 1.Show ankle tape job video once. Have students practice figure 8’s and ankle locks. 2. Add anchors, stirrups, horseshoes, figure 8s and ankle locks together. Have students practice. | Observation | Direct InstructionCooperative learningGuided Discovery | TapePro WrapTape Job videoTaping textbook | Working in partners/groups.VideoMusic |
| 3April 24 | Closed Basket Weave Practice  | Technical Foundations for Injury Management#3 | 3.5*(3.5.1, 3.5.2, 3.5.3)*3.6*(3.6.2)* | 1.Show ankle tape job video once as a refresher. 2. Have students practice the whole tape job together.  | Tape TestObservation | Direct InstructionCooperative learningGuided Discovery | TapePro WrapTape Job videoTaping textbookTesting sheets | Working in partners/groups.VideoMusic |
| 4April 27 | Closed Basket Weave Test | Technical Foundations for Injury Management#3 | 3.5*(3.5.1, 3.5.2, 3.5.3)*3.6*(3.6.2)* | 1.Test students on the ankle tape job.  | Tape TestObservation | Direct InstructionCooperative learningGuided Discovery | TapePro WrapTape Job videoTaping textbookTesting Sheets |  |

\*\* Lessons will be based on how well students get the grasp of taping, if they are ready to move on then move on to next steps. If they understand the closed basket weave by 3rd lesson, try showing them the open basket weave.