**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** |
| 1  April 22 | Ankle Review  & Closed Basket Weave | Technical Foundations for Injury Management  #3 | 3.1  3.2  3.4  *(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 twice  3.Allow students to practice their anchors, stirrups and horseshoes. | Observation | Direct Instruction  Cooperative learning  Guided Discovery | Power point  Foot model  Tape  Pro Wrap  Tape Job video  Taping textbook | Working in partners/groups.  Video |
| 2  April 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 Instruction  Cooperative learning  Guided Discovery | Tape  Pro Wrap  Tape Job video  Taping textbook | Working in partners/groups.  Video  Music |
| 3  April 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 Test  Observation | Direct Instruction  Cooperative learning  Guided Discovery | Tape  Pro Wrap  Tape Job video  Taping textbook  Testing sheets | Working in partners/groups.  Video  Music |
| 4  April 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 Test  Observation | Direct Instruction  Cooperative learning  Guided Discovery | Tape  Pro Wrap  Tape Job video  Taping textbook  Testing 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.