**Grade: 11 Unit: Knee Dates: March 16 - 19**

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| **Lesson Number** | **Lesson Title** | **GLO’s** | **SLO’s** | **Learning Activities** | **Assessment** | **Instructional Strategies** | **Equipment** | **Motivation** |
| 1  March 16 | Anatomy Review,  Range of Motion, Questions | Injury Management 2  #5 | 5.1 | 1.Powerpoint – Review anatomy of the knee, terminology and movements.  2.Students practice their range of motion movements beside desks  3. Have students review the chapter and answer questions from handout. May work together in pairs.  4.Sponge Activity – Knee Colouring Worksheet. | Observation  Class Discussion | Direct Instruction  Cooperative Learning | Power point  Chapter handout notes  Questions Handout  Colouring worksheet | Group Work  Technology |
| 2  March 17 | Injuries | Injury Management 2  #5 | 5.2  (5.2.1, 5.2.2, 5.2.3,  5.2.4,  5.2.5,  5.2.6,  5.2.7,  5.2.8,  5.2.9) | 1.Set up stations for students to get into.  2.Hand out cards that will coordinate students into groups (Jigsaw)  3.Have students get into groups, then divide them up and send to different centers where they will become experts in 1 or 2 specific injuries. Students will fill out worksheets for their injury  4.Have students get back into their original groups and teach each other about the injuries they’ve become experts in, while filling in worksheets. | Worksheet  Observation | Cooperative Learning | Worksheets  Booklets with information on knee injuries. | Group work  Technology |
| 3  March 19 | Taping  And Injury Tests | Injury Management 2  #5 | 5.3 | 1. Hand out quick quiz on injuries for students to complete.  2.Show students the video of the **Knee Hyperextension** tape job, twice.  3.Have students get into partners or groups of three. Distribute tape and have students practice taping on each other.  4. Demonstrate the **Valgus test, Varus test, anterior drawer test, Lachmans test, Posterior Sag test & Apleys compression test**. Have students practice on each other. | Observation  Quiz | Cooperative Learning | Tape  Pro-wrap  Taping Video  SportsMed Beds | Video  Modeling  Group work  Positive Reinforcement |

To Do:

* Make a quiz.
* Individual Lesson Plans
* Handouts/Booklets of information for injuries groups (QR codes to videos)
  + <http://kidshealth.org/parent/general/aches/osgood.html>
  + <http://kidshealth.org/teen/safety/sports_safety/meniscus_tear.html>
  + <http://kidshealth.org/teen/diseases_conditions/bones/acl_injuries.html?tracking=T_RelatedArticle>
  + <http://kidshealth.org/teen/nutrition_fitness_center/sports/jumpers_knee.html?tracking=T_RelatedArticle>
  + <http://kidshealth.org/teen/food_fitness/sports/mcl_injuries.html?tracking=T_RelatedArticle>
  + <http://www.summitmedicalgroup.com/library/adult_health/sma_subluxing_kneecap/>
  + <http://www.cedars-sinai.edu/Patients/Health-Conditions/Lateral-Collateral-Ligament-LCL-Tears.aspx>
  + <http://www.nlm.nih.gov/medlineplus/ency/article/001079.htm>
* Handout for students to fill in for injuries jigsaw
* Colouring sheet of the knee (sponge activity)
* Make cards to group students for injuries jigsaw
* Make a power point
  + Diagrams of knee to show where everything is

9 Injuries

* Class 1:
  + 26 students
  + 5 stations – 4 stations with 2 injuries, 1 station with 1 injury
  + 5 kids at each station, 1 station with 6.
  + 4 groups of 5, 1 group of 6 to teach each other. (Group A, B, C, D, E)
* Class 2:
  + 11 students
  + 5 stations
  + 2 kids at each station, one station with 3
  + Group A (5 kids), Group B (6 kids)