

	LEARNING OBJECTIVES The student will be able to:	EVIDENCES OF LEARNING
KNOWLEDGE	Explain the importance of breakfast Identify dairy products, ETC.	QUIZ: Enumeration, Short response
SKILLS	Follow a recipe Cook a hardboiled egg, soft- boiled egg, sunny side up, omelet ETC.	QUIZ: Fill in the blanks, multiple choice DEMONSTRATION
ATTITUDE	Demonstrate care and enthusiasm, ETC.	OBSERVATION OF STUDENT
INSIGHT	Family bonding over a healthy, delicious breakfast is a good start to a restful weekend.	Essay
APPLICATION	Plan and cook nutritional weekend breakfasts for the family	?



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Physical Fitness

Action goal:

- To make wise decisions that impact his/her health
- To manage one's fitness level

Evidence of Learning

You have decided to live a healthier lifestyle so you decided to evaluate your present physical fitness level and come up with a personal physical fitness plan!

Physical Fitness

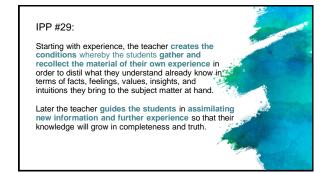
Action goal:

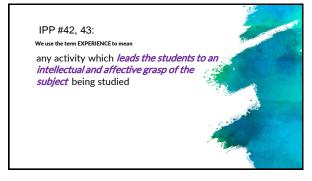
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Evidence of Learning

Make a recommended set of guidelines on nutrition and physical fitness for the students in this level.



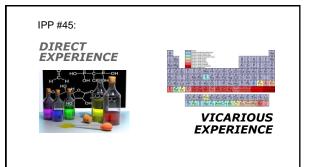


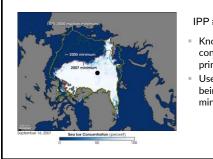




Keep track of how much time you watch TV, play on your IPad, use a cellphone, and use other forms of media over 1 week. At this rate, how much would your media use be over the course of 1 year?

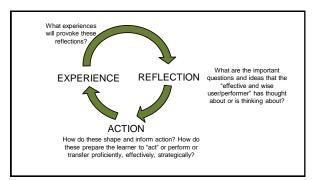




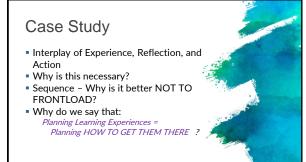


IPP #42:

- Knowing facts, concepts, and principles
- Use one's whole being (senses, mind, heart, will)









For learning to happen...

There has to be

... a provocative question

... a puzzling, important problem

... a challenge to current understanding (Wiggins, 2012)

"**No thinking is activated without ambiguity!** Note that this demand runs counter to our instinct as teachers: we typically work hard to make things unambiguous..."

(Wiggins 2010)



PRODUCTIVE STRUGGLE PRODUCTIVE FAILURE

Don't rob them of the struggle! Resist the urge...

if EXCELLENCE THROUGH ACTION is your goal



Empowerment

- Building student agency
- High expectations
- Student aspirations

