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| **Big Idea**  What is the big idea that the learner will walk away with at the end of the lesson that is critical for learners at this stage of their learning path? | **Learning Outcome(s)**  What specific things will the learner know or be able to do by the end of the lesson? | **Evidence of Learning**  What does learning look like for this objective? (e.g., accurate performance of a task, correct use of terminology) | **Assessments**  What will learners do to provide evidence of their learning? (e.g., a presentation, a test, a project) | **Learning Activities**  What learning activities will allow learners to acquire and practice the skills necessary to demonstrate their learning and complete the assessment successfully? |
| Laying the groundwork for an introduction to boxing | You can practice these foundations over and over again | Repeatedly practicing the movements in the video into muscle memory | Experienced coaches can see if there is progress during each hit or upload a video to the internet for comments. |  |