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**24-25 Lesson Plan Teacher: CSM Dang/Major Gozalo Subject: AJROTC 1A/B, 2A/B(Dang)**

**AJROTC3A/B, 4A/B(Gozalo)**

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| **Week of:**  **DEC 2-6** | **Monday** | **Tuesday** | **Weds./Thurs** | **Friday** |
| **TEKS** | NA | NA | 110.42, 110.48 | 115.32, 116.52 |
| **Learning Objective** | **Cadet Portfolio/Drill** | **Uniform Inspection:** Cadets will be inspected for uniform wear: appearance, Grooming, JPA Questions. | **First Aid: Cold Weather Injuries**  How can cold weather injuries be treated and prevented? | **Physical Fitness Training: CSM Dang/Major Gozalo**  **Learning Objective:** Cadets will gain and develop their cardio, muscular, and aerobic fitness in preparation for the Cadet Challenge. |
| **Higher Order Thinking Questions** | What are the benefits of a career in the Military vs. A Career within the Workforce upon graduation? | How do I prepare my uniform for inspection? | What criteria would you use to assess cold weather injuries? | Why and how is physical fitness an important part of my health? |
| **Agenda** | Formation, Attendance, Daily Double followed by class lesson | Formation, Attendance, Daily Double followed by class lesson | Formation, Attendance, Daily double followed by Teaching a lesson evaluation | Formation, Attendance, Daily double followed by Physical Fitness |
| **Demonstration of Learning** | Cadets will engage with the Army Recruiter to gain information on specific jobs. | Cadets ability to wear the uniform correctly, have the proper grooming per regulations, ability to answer basic JROTC knowledge questions. | Explain the causes of cold weather injuries • Identify symptoms of cold weather injuries • Explain how to treat frostbite, immersion foot/trench foot, hypothermia, and snow blindness • Describe how to prevent cold weather injuries | Performing the prescribed physical exercise correctly and for the required time and intensity. |
| **Intervention & Extension** | NA | NA | NA | NA |
| **Resources** | Cadet portfolio | CCR 145-2, TCM 22.5 | Unit 5, U5C3L6 |  |