**a**

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

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Week of:**  **Jan 7-10** | **Monday** | **Tuesday** | **Weds./Thurs** | **Friday** |
| **TEKS** | NA | NA | 110.42, 110.48 | 115.32, 116.52 |
| **Learning Objective** | **TEACHER PROFESSIONAL DAY** | **Cadet Portfolio/Drill:** Cadets will learn the basic marching drill commands to prepare for the 23 step marching sequence. | Cold Weather Injuries:  Determine first aid for cold weather injuries | Physical Fitness Training:  Incorporate physical fitness as a component of a healthy life style |
| **Higher Order Thinking Questions** |  | How does learning basic drill moves prepare you for marching the 23 step marching sequence | How would you protect yourself from cold weather injuries? | How does physical fitness contribute to a healthy life style? |
| **Agenda** |  | Formation, Attendance, Daily Double followed by class lesson | Formation, Attendance, Daily Double followed by class lesson | Formation, Attendance, Daily Double followed by class lesson |
| **Demonstration of Learning** |  | Cadets will demonstrate their marching skills and | **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  **Define** key words: frostbite, hypothermia, insulate, precipitation, subcutaneous, superficial | Perform physical fitness exercises targeting the cardio, aerobic, and anaerobic areas to develop a physical fitness level. |
| **Intervention & Extension** |  | NA | NA | NA |
| **Resources** |  | TCM 21.5 | Leadership, Education and Training  (Electives) – Continuing Education  for Leaders |  |