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

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

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| --- | --- | --- | --- | --- |
| **Week of:**  **Jan 20-24** | **Monday** | **Tuesday** | **Weds./Thurs** | **Friday** |
| **TEKS** | NA | NA | 110.42, 110.48 | 115.32, 116.52 |
| **Learning Objective** | MLK DAY | **Uniform Wear Day:**  In-Ranks inspection to  Inspect cadets' compliance with wearing the JROTC uniform correctly. | **Alcohol and Tabacco:**  Assess the impact of alcohol and tobacco on whole health. | Physical Fitness Training:  Incorporate physical fitness as a component of a healthy life style |
| **Higher Order Thinking Questions** |  | How to prepare my uniform to ensure I am in  Compliance with AR 670-1 and CCR 154-24 | How do I manage alcohol and tobacco so it does not negatively affect my life. | 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** |  | Appearance of Uniform for compliance. Answering the 21 JPA questions. | 1. Explain how media influences the use of alcohol and tobacco.  2. Describe the health hazards of alcohol abuse.  3. Describe the health hazards of tobacco use.  4. Identify reasons to refuse alcohol and tobacco  Key words: Alcoholism, antiseptic, binge drinking, ethanol, intoxicant, nicotine, peer, recovery, sobriety, solvent, tar. | Perform physical fitness exercises targeting the cardio, aerobic, and anaerobic areas to develop a physical fitness level. |
| **Intervention & Extension** |  | NA | NA | NA |
| **Resources** |  | AR 670-1, CCR 145-2 | Unit 3: Chapter 5 Health and Fitness |  |