

8a Quiz

Lesson Plan

<u>Minutes</u>	<u>Activity</u>
	Reminders 10 minutes before class begins display the reminders slide.
5	Attendance and Breath of Arrival
30	8a Quiz Refer to the actual quiz for instructions.
15	<u>AOLs: Gastrocnemius and Soleus (Don't forget these! Potentially teach these in the prior class)</u>
50m	Total Class Time (with 10 minutes of flex time)

Class Schedule – Student Preparation

- Trail Guide: gastrocnemius and soleus.
- Study all packet material from classes: 1b, 2a, 2b, 3a, 3b, 4a, 5a, 6a, and 7a.

Class Schedule – Assignments and Exams

- 8a Quiz. Given at the start of class. 25 questions in 20 minutes. Packet A-73.

Topic Focus

- Review for the upcoming 10a Exam.

Materials, Equipment, and Supplies

- PowerPoint presentation, packet, attendance book
- Computer, projector, projector remote, projector screen, laser pointer
- Whiteboard with dry erase markers and eraser