

A. Engage Students: (Diagnostic/Pre-Assessment may be included here.)

- Entrance slip

- https://docs.google.com/forms/d/e/1FAIpQLSdV792xxOSp1c8WpapG1K7KYxf34C1Izn4w8Vmh2iwlfxlqg/viewform?usp=sf_link

B. Instructional Sequence

- Class will start with an entrance slip
- Today's theme is doubt- There will always be moments where someone will doubt us and it is up to us to decide how we are going to let that affect us, and in the case of Michelle Waterson people were doubting her commitment because she was pregnant. That is something a lot of professional female athletes face. Instead of accepting what people had to say she used that as motivation to prove everyone wrong.
- https://www.youtube.com/watch?v=NcYnfmugYCw&ab_channel=ESPNMMA
- She didn't accept what people were saying about her career as a fact, she decided to use the doubt of others to come up with a greater goal and show the world that being a mom isn't a bad thing for her career but a good thing. At the end of the day, we have the opportunity to decide how things are going to affect us.
- Exit question- Michelle Waterson's commitment was doubted when she got pregnant and instead of letting that get to her she decided to set her goals high to prove everyone wrong. Can you think of a moment where someone doubted you or your abilities and you proved them wrong? Answer in 4-5 sentences.
- Go over FitGiving challenge
- Warm up challenge
 - <https://docs.google.com/document/d/1Ft99B6wbms03h7je81fWb2usqPG2oXdD2wVFRwNjBYc/edit?usp=sharing>
- Minimums and exit question
 - <https://docs.google.com/presentation/d/1xmKfVMTyn36XIMmAcc2dBZ25gNeAqeYLLtAAjdUjO14/edit?usp=sharing>