

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

- Entrance slip

- [https://docs.google.com/forms/d/e/1FAIpQLScqN2YUOcuelVnShuzlSIYaAjJT3a5FoyGUiheHyVBfbsUWuA/viewform?usp=sf\\_link](https://docs.google.com/forms/d/e/1FAIpQLScqN2YUOcuelVnShuzlSIYaAjJT3a5FoyGUiheHyVBfbsUWuA/viewform?usp=sf_link)

**B. Instructional Sequence**

- Class will start with an entrance slip

- Today's theme is relentless- To be relentless demands tolerance, given events will rarely play out as you hope. The persistent person conspires with the forces of life and acts when the time is right. They commit to daily actions in pursuit of their objectives while savouring the journey — for the process is as significant as the goal. They foster a growth mindset that favours personal growth instead of a narrowed vision. That is the story of Mike Powell. He came into the competition knowing that he was an underdog, but that didn't stop from giving it his all and showing why he deserved to be there

- [https://www.youtube.com/watch?v=Ksz9vA6XumQ&t=11s&ab\\_channel=TotalRunningProductions](https://www.youtube.com/watch?v=Ksz9vA6XumQ&t=11s&ab_channel=TotalRunningProductions)

- Exit question- Exit question- Put yourself in Mike Powell's position of being the underdog in the most important sporting event of your career. It's the round 5 jump and you know this has to be the best jump of your career, what are the thoughts going through your head and what do you say to yourself to hype yourself up?

- Warm up challenge

- <https://docs.google.com/document/d/1Ft99B6wbms03h7je81tWb2usqPG2oXdD2wVFRwNjBYc/edit?usp=sharing>

- Minimums and exit question

- [https://docs.google.com/presentation/d/1x6ob5NnYCxTKU2CyWJ0OhUxRs3aYvQ0C\\_EfMohnm\\_8r0/edit?usp=sharing](https://docs.google.com/presentation/d/1x6ob5NnYCxTKU2CyWJ0OhUxRs3aYvQ0C_EfMohnm_8r0/edit?usp=sharing)