

- name
- 1/2 hour (up) and 1 hour (down)
- 1 hour
- 1/2 hour
- 1/4 hour
- 1/2 hour
- 1/4 hour
- 1/2 hour

- answer your own
- 1/2 hour
- 1/2 hour
- 1/2 hour
- 1/2 hour
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- 1/2 hour

**Enduring Activities** These are activities that occur throughout the lesson.

- 1/2 hour (up) and 1/2 hour (down)
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**Instructional Experiences Activities** These activities are used to build and reinforce skills and help to engage them. They are the main part of the lesson and are designed to be done in a way that is most effective for the students.

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**Exit/Assessing Activities** These activities engage in reflection. They help us see how we did and what we learned.

- 1/2 hour
- 1/2 hour