

Lesson Plan Title <b>HAW &amp; L Check-up</b>	
<b>Developed by:</b> Terrie Hanke 2006 TOTT™	
<b>Discipline:</b> Appropriate for all subjects and activities	
<b>Topic:</b> Personal Assessment	
<b>Grade Level:</b> 4 <sup>th</sup> thru 12th	
<b>Resources / References / Materials Teacher Needs:</b> Information about the veterinarian evaluation given the canine athletes at the pre-race physicals and out on the trail at each checkpoint.	
<b>Lesson Summary:</b> Use the acronym HAW & L as a means for students to assess their performance in the classroom or athletics activities. This is the acronym the veterinarians use as they examine the dogs before and during the race. H = Heart & Hydration; A = Attitude and Appetite; W = Weight & L = Legs and Lungs. Assign appropriate meanings to the HAW & L acronym and ask your students to evaluate their performance and create a strategy for improving a weak area.	
<b>Standard's Addressed: (Local, State, or National):</b> Instilling through instruction, activities and examples skills for self-improvement.	
<b>Learning objectives:</b> Students will evaluate their classroom performance and select, select an area to improve upon and create a plan for improvement.	<b>Assessment:</b> Personal assessments and improvement strategies can be included in journals and re-evaluated weekly.
<b>Procedural Activities:</b> At the end of each week, ask your students to evaluate the categories of the HAW&L acronym on a scale of 1 to 5 with 5 being the strongest. An example of the acronym might be – H = Heart: is your heart in what you are doing? Hydration: are you consuming an appropriate amount of healthy liquid? Happiness: are you happy being a member of this class or team? A = Attitude: Do you have a positive and supportive attitude toward your classmates and teacher? Appetite: How hungry are you to learn or improve your skill? W = Wise choices: are you making wise choices when it comes to homework, projects and practice? L = Legal: Are you following the rules of the classroom or activity? Learning: Are you learning from your success as well as your failure? Lucky: Are you making decisions that create lucky outcomes? Create a point system to give meaning to the assessment – 36 to 45 points indicates an outstanding effort for the week; 26 to 35 points indicates a good effort but there is room for improvement next week and 25 or fewer points indicates an average effort with much room for improvement.	
<b>Materials Students Need:</b> Acronym and rating scale as defined by the class or teacher. Personal journals.	
<b>Technology Utilized to Enhance Learning:</b> Students could create an Excel spreadsheet to track their weekly evaluations and calculate an average for each trait.	
<b>Other Information:</b> This activity helps students or athletes focus on some of the personal attributes of a successful learner and provides an opportunity to create a plan to improve. It's an opportunity for self-evaluation and improvement that is done in a positive manner and is dynamic in nature because it is constantly changing from week to week or subject to subject.	

**Modifications for special learners/ Enrichment Opportunities:** A rubric may be created with more specific evaluation criteria for each category. Creating an Excel spread sheet could either be a technology assignment or an opportunity for enrichment depending upon the students.

**Notes:** When using this acronym, students can learn about the outstanding veterinarian care the canine athletes receive before during and after the race. Students can also learn about the power of acronyms in creating phrases for enhancing memory.

