👩‍🏫 Staff Guide · Exercise Lab (Level 1)

Biology A · Unit 5 · goes with the class “A2 Exercise Lab” (5 pts). Level 1 = about 2nd-grade reading. Same activity, same day, same points as the class.

1. The pieces

- **Lab card**: A2 Exercise Lab: breathing rate, heart rate, and CO2 (BTB) at rest and after 2 minutes of exercise. 6 steps, one per box.
- **Prep sheet**: jobs, tools checklist, safety. Do it the day before or at the start.
- **Slides**: jobs, safety, steps, 2 checks.
- **Reflection**: replaces the written parts.
- **Game**: on the class site.

2. Prompts while they work

- “Faster or slower?”
- “Say yellow when you see it.”
- “Why does your heart speed up?”

3. Modifications

- Any OK'd movement counts
- Staff counts with the student; circle faster/slower
- Staff may do the BTB blowing; student is color checker

4. What to grade (5 pts)

- Same 5 points: circles + job
- Pointing, saying, or circling counts as a full answer.
- Modified grading only as the IEP allows. Check with the case manager.

5. Ask

- Mr. Driver, Room 113 (SLE).

💗 Sensitive topic note

Exercise and breathing: check each student's IEP/504 and health plan (asthma, heart, mobility) before the lab. Any movement counts.

6. Photo credits (open licenses)

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