Learning Objective: I can explain the connection between variation in the number and types of molecules within cells to the ability of the organism to survive and/or reproduce in different environment.

AP Biology Topic 3.7 Fitness Student-made lesson

Instructions: Today you will complete research on topic 3.7 fitness for AP Biology. You will gather all required information and create a lesson plan for fitness. You may display and present your lesson plan in any organized manner you decide. No more than groups of 3. Your lesson plan will require the following:

1. **An opening – Something that grabs the students attention for the topic being taught for the day. (Fitness)**

2. **Mini-lesson – How will you present and help the students to learn the information. Create a way to present the material to students to help them learn and grasp the concept. (I do – teacher breaks down and explains the concept of fitness)**

3. **Work session – What reviews, activities, labs will you have the students complete to better understand the topic of fitness. Create materials for the work session to help the students interact and learn the material on a deeper level. (We do – students work collaboratively together to complete tasks)**

4. **Closing – Create at least a 5 question assessment to close out your lesson to gauge whether or not the students learned the necessary material to be proficient in their understanding of fitness. Make sure to include an answer key as well. (You do – students assess individually)**

By the end of the lesson you and your students should be able to answer and do the following:

- Explain what fitness means in terms of Biology. _____
- Provide examples of fitness. _____
- Explain how variation at the molecular level provides organisms with the ability to respond to a variety of environmental stimuli. _____
- Explain how variation in the number and types of molecules within cells provides organisms a greater ability to survive and/or reproduce in different environments. _____
- Test out at a proficient level on fitness with a score of 80% or higher. Score: _____

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