The Five Types of Instructional Activities

In a learning environment, a large part of a student's day needs to involve "tackling instructional activities." For the greatest results, start with thinking through how we learn when our brains do it successfully . . . and selecting activities to support that understanding. Below are five types of instructional activities and ideas for how you can incorporate them into your instruction for your learners.

Directions: Now, take a few minutes to explore each of the types of activities and the tools for support. Check out some of the examples shared below.

Activity Types	Description	How Can You Use This in Your Instruction?	Tools for Support
Learning Activity (LA)	Provides initial opportunity for students to learn skill or content. These should be engaging, interactive activities that guide students to grapple with learning and construct understanding.	❏ Screencast ❏ How-to sheet ❏ Learning centers ❏ Interactive websites ❏ Small-group mini-lesson	❏ How to Create a Learning Activity ❏ Exploring Sample Learning Activities ❏ Analyzing Your Learning Activities
Practice Activity (PA)	Provides opportunity for students to practice a skill or concept previously learned. Repetition of skills is important for building fluency. Through practice, the new neural pathways that were created in the learning process will be strengthened.	Students should be: ❏ Drafting ❏ Creating ❏ Calculating ❏ Sketching They should show you what they know, but still have access to learning activities when they need repetition and/or some guided help.	❏ Learning vs. Practice Activity ❏ A "Look For" Learning vs. Practice

Application Activity (ApA)	To help students move beyond acquisition and to support retention, we need to plan additional categories of instructional activities. After engaging in learning and practice activities, students should apply the learning in new ways and to new situations. Through this process, students come away with a deeper understanding of the content/skill.	❏ Students solve a different problem from the ones used in learning and practice. ❏ Students apply the learning to real-world phenomena.	❏ Learning from a Felt Need ❏ Anchoring the Learning
Assessment Activity (AsA)	Self- and peer-assessment is a powerful step toward retention *and* teaching students to take charge of their own learning. Ask students to complete an assessment or an activity and use criteria for success to determine how well they are doing in their learning journey. This provides an opportunity for students to self-assess (or peer-assess) their understanding of a skill or concept based on the criteria for success.	❏ Exemplars ❏ Answer keys for self-check ❏ Rubrics ❏ Checklists ❏ Former student models for students to use as a reference ❏ Efficacy Notebook ❏ Student learning dashboard	❏ Planning for Student Self-Assessment Activities ❏ Summative Assessments ❏ Four Types of Formative Assessments ❏ Leveraging Formative Assessment Data
Reflection Activity (RA)	Encourage students to pause and reflect on what they've learned, how they will use it, and what more they want to learn. Metacognitive reflection fosters students' self-awareness and knowledge of how they learn best.	One tool is a Digital Efficacy Notebook, but any form of reflection on their learning will do.	❏ Planning for Student Reflection ❏ Implementing the Digital Efficacy Notebook

Check out the table below for resources to help you design meaningful learning and practice activities for your learners!

Math	Classifying Fractions Learning Center
	How to Sheet for Fractions
	Geometric Transformations
	Mathantics Youtube channel
	Middle School Math Websites
	K-12 Websites for Teaching and Learning Math
Science	Amoeba Sisters YouTube Channel
	The Exploratorium
	Science websites for Middle and High School Students
	Science News
Social Studies	Digital Museums
	Kids Academy YouTube Channel
	Informational Tools for Elementary Grades
	National Council for the Social Studies
English	Virtual Games to Target Common Core Standards
	Digital Resources for Elementary and Middle School Students

World Language	[Digital Museums](#) [World Languages with Edutopia](#) [Tips for Building a world Language Classroom](#)
Music	[Shake & Tap](#) [Classical Music To Teach Emotions](#) [Musical Jars Science Experiment](#) [Isle of Tune](#) [Carnegie Hall Listening Adventures](#)
P.E.	[Five Indoor Activities](#) [45 Fun And Simple Gym Games For Kids](#) High-Impact Workouts ● [Hip-Hop Tabata](#) ● [Latin Dance](#) ● [HIIT Cardio Workout](#) Low-Impact Workouts ● [Real Start-Beginning Workout](#) ● [Power Yoga Flow](#)