Unit 9: PT- Track and Field

Content Area: **Physical Education and Health**
Course(s): **Physical Education 9, Physical Education 10, Physical Education 11, Physical Education 12**
Time Period: **May**
Length: **15 blocks**
Status: **Published**

Enduring Understandings

Individuals who learn to move safely, effectively and efficiently and feel comfortable and confident in the performance of motor skills are more likely to participate in health-enhancing forms of physical activity throughout life.

Life time fitness depends upon understanding how each fitness component is developed & measured & how to design and implement a personal fitness plan that supports a healthy active lifestyle.

A healthy lifestyle is the key to optimal performance and wellness.

Essential Questions

How does effective and appropriate movement affect wellness?

What does it mean to be fit?

How do I know if I am progressively getting physically fit?

How does physical fitness impact one's sense of wellbeing?

What personal behaviors allow one to maintain fitness for a lifetime?

How does one balance everyday life activities with fitness activities to maintain fitness for a lifetime?

How does following directions make one successful?

How does one get and stay fit?

What are the components of lifelong health?

Content

Warm-up

Cool-down

Relays

Pace

Baton

Field events

Track events

Skills

Big Idea: Cooperation, Work Ethic, Skills Development, Physical Fitness

Resources

Stopwatch, track, long jump, high jump, shot put, hurdles

Pearson, Introduction to the Navy Junior Reserve Officer Training Corps, Wellness, Fitness and First Aid, Unit 5 - Chapters 1-10, Google Slides, Google Classroom, Google Docs,https://www.njrotc.navy.mil/curriculum.html

Standards

0xHPE.2.5.12	All students will utilize safe, efficient, and effective movement to develop and maintain a healthy, active lifestyle.
0xHPE.2.5.12.A	Movement Skills and Concepts
0xHPE.2.5.12.A.2	Analyze application of force and motion (weight transfer, power, speed, agility, range of motion) and modify movement to impact performance.
0xHPE.2.6.12	All students will apply health-related and skill-related fitness concepts and skills to develop and maintain a healthy, active lifestyle.
0xHPE.2.6.12.A	Fitness and Physical Activity
0xHPE.2.6.12.A.1	Compare the short- and long-term impact on wellness associated with physical inactivity.
0xHPE.2.6.12.A.4	Compare and contrast the impact of health-related fitness components as a measure of fitness and health.