

# 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

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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

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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

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Warm-up

Cool-down

Relays

Pace

Baton

Field events

Track events

## **Skills**

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

## **Resources**

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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**

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- 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.