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: **School Year**
Length: **8 blocks**
Status: **Published**

Transfer

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?

Content

Vocabulary

Warm-up

Cool-down

Relays

Pace

Baton

Field events

Track events

Learning Objectives

Understanding the relationship of resting, working, and recovery heart rates.

Demonstrate basic technique development in the various field events(i.e. long jump[, high jump , shot putt, hurdles).

Differentiate between different venues of track events (i.e. relays, sprints, mid- distant, long distant).

Standards

HPE.2.5.12	All students will utilize safe, efficient, and effective movement to develop and maintain a healthy, active lifestyle.
HPE.2.5.12.A	Movement Skills and Concepts
HPE.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.
HPE.2.6.12	All students will apply health-related and skill-related fitness concepts and skills to develop and maintain a healthy, active lifestyle.
HPE.2.6.12.A	Fitness and Physical Activity
HPE.2.6.12.A.1	Compare the short- and long-term impact on wellness associated with physical inactivity.
HPE.2.6.12.A.4	Compare and contrast the impact of health-related fitness components as a measure of fitness and health.

Assessments

Teacher observation
Formative: Other Evidence: Other: Teacher Observation
Effort given (personal Best)
Formative: Other Evidence: Performance: Authentic Task

Written track and field test
Summative: Transfer Tasks: Test: Written
Participate in a track meet competing for a grade.
Summative: Transfer Tasks: Performance: Skill Demonstration