

# Power Walking

Content Area: **Health & Phys Ed**  
Course(s): **Physical Education 9-12**  
Time Period: **Semester 1**  
Length: **3 weeks**  
Status: **Published**

## Standards

---

HE.9-12.2.2.12.N.2	Determine the relationship of nutrition and physical activity to weight loss, gain, and maintenance.
HE.9-12.2.2.12.N.3	Analyze the unique contributions of each nutrient class (e.g., fats, carbohydrates, protein, water, vitamins, minerals) to one's health and fitness.
HE.9-12.2.2.12.LF	Lifelong Fitness
HE.9-12.2.2.12.LF.1	Apply and share a movement and physical fitness vocabulary that is intrinsic to motivate oneself, to impact family, and others in a community.
HE.9-12.2.2.12.LF.2	Develop a sense of openness and willingness when participating in physical fitness activity to share and learn experiences from your own and other cultures.
HE.9-12.2.2.12.LF.3	Examine building to a level of fitness to successfully participate in a range of different physical activities during a lifetime.
HE.9-12.2.2.12.LF.5	Describe the social benefits gained from participating in physical activity (e.g., meeting someone, making friends, team work, building trust, experiencing something new).
HE.9-12.2.2.12.PF.1	Compare the short- and long-term benefits of physical activity and the impact on wellness associated with physical, mental, emotional fitness through one's lifetime.
HE.9-12.2.2.12.PF.2	Respect and appreciate all levels of ability and encourage with care during all physical activities.
HE.9-12.2.2.12.PF.3	Design and implement a personal fitness plan, using evidence and evaluate how that reflects knowledge and application of fitness-training principles (FITT) and the components of skill related fitness.
HE.9-12.2.2.12.PF.4	Determine the role of genetics, age, nutrition, sleep, the environment, and exercise type on body composition and personal health (e.g., anabolic steroids, human growth hormones, stimulants).
HE.9-12.2.2.12.PF.5	Analyze fitness knowledge in strength, conditioning, agility, and the physiological responses of the energy systems effects on the mind and body before, during, and after physical fitness activities.
HE.9-12.2.2.12.MSC.2	Analyze application of force and motion (e.g., weight transfer, power, speed, agility, range of motion) and modify movement to impact performance.

## Enduring Understandings

---

1. Health benefits of walking are exponential. Learning how to calculate intensity levels and heart rate enables safe and efficient participation. **HE.9-12.2.2.12.PF** - *Physical Fitness - [Core Idea] - Physical and emotional growth often relies on taking personal responsibility for developing and maintaining physical fitness levels that also provide opportunities for self-expression, enjoyment, and emotional satisfaction*

2. Positive experiences and decision making regarding fitness attributes to a healthy lifestyle. **HE.9-12.2.2.12.LF** - *[Core Idea] - Healthy habits and behaviors are created by personal learning experiences, knowledge, beliefs, and goals towards living and maintaining a healthy lifestyle of fitness, self-expression, social interaction, and enjoying movement in a safe and healthy environment (e.g., golf, tennis, badminton, martial arts, bowling, kayaking, ping-pong, cricket, hiking, biking, swimming)*

3. Participation in an activity that provides an opportunity for developing an understanding and respect of differences among peers. **HE.9-12.2.2.12.MSC** - *Movement Skills and Concepts - [Core Idea] - The quality of feedback from others, self-assessment as well as effort and repetition influences movement skills, concepts, and performance*

4. Power walking provides an opportunity for personal enjoyment, personal challenge, self-expression, stress outlet, and social interactions. **HE.9-12.2.2.12.PF** - *Physical Fitness - [Core Idea] - Physical and emotional growth often relies on taking personal responsibility for developing and maintaining physical fitness levels that also provide opportunities for self-expression, enjoyment, and emotional satisfaction*

## Essential Questions

---

1. How can power walking help promote a healthy lifestyle?
2. What is the proper way to power walk?
3. What is your target heart rate zone?
4. How would you burn a certain amount of calories in power walking?
5. Why is power walking good for managing stress?

## Knowledge and Skills

---

Performance expectations are:

- Learn the proper walking form to improve core strength. **HE.9-12.2.2.12.MSC.2**
- Understand the benefits of walking as an aerobic activity. **HE.9-12.2.2.12.LF.3**
- Learn the proper knowledge to determine target heart rate. **HE.9-12.2.2.12.PF.3**
- Learn skills for various walking activities. **HE.9-12.2.2.12.MSC.1**
- Work cooperatively with classmates. **HE.9-12.2.2.12.LF.4**
- Understand the impact of nutrition on walking. **HE.9-12.2.2.12.N.3**

## Transfer Goals

---

1. Students will be able to independently participate in a lifelong activity.
2. Students will be able to independently rely on healthy outlets, for stress, anger and anxiety, for our students

## **Resources**

---

- Text: Walking Games and Activities by June Decker & Monica Mize
- Technology; Walking Apps, Calorie counter
- MyFitnessPal
- MapMyFitness
- Fitbit
- Endomondo
- EdPuzzle
- Zoom

## **Assessments**

---

<https://docs.google.com/document/d/1BOAeClx7LL5zRF2pRuT3834ZpzSQUwww/edit>

## **Modifications for Diverse Learners**

---

<https://docs.google.com/document/d/1cUIE1QRfV7jJNjgU2NdcW1x91UAyDENE/edit>