Power Walking

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

Standards

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.
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.
2.2.12.PF.2	Respect and appreciate all levels of ability and encourage with care during all physical activities.
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.
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).
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.
2.2.12.LF	Lifelong Fitness
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.
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.
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.
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).
2.2.12.N.2	Determine the relationship of nutrition and physical activity to weight loss, gain, and maintenance.
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.

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/1BOAeClx7LL5zRF2pRuT3834ZpzSQUwwv/edit

Modifications for Diverse Learners

https://docs.google.com/document/d/1cUIE1QRfV7jJNjgU2NdcW1x91UAyDENe/edit