

# Track and Field I (6)

Content Area: **Physical Education**  
Course(s): **Physical Education**  
Time Period: **4th Marking Period**  
Length: **3 Weeks**  
Status: **Published**

## Track and Field I Overview

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Track and Field is a great activity to build a student's cardiovascular endurance, muscular strength and flexibility as well as their ability to cooperate with teammates to achieve a common goal. In this unit, students will learn the rules and movement skills to successfully participate in several track and field events.

## Transfer

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Students will be able to independently use their learning to...

- Participate successfully in individual and cooperative track and field activities to enjoy the physical, social and mental benefits of exercise. These track and field activities are meant to improve their overall health and wellness.

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For more information, read the following article by Grant Wiggins.

[http://www.authenticeducation.org/ae\\_bigideas/article.lasso?artid=60](http://www.authenticeducation.org/ae_bigideas/article.lasso?artid=60)

## Meaning

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## **Understandings**

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Students will understand...

- how to run and hand-off a baton using the correct form.
- the rules of running a track relay.
- the origin and cultural background of track and field.
- how running enhances their personal fitness level.
- how to cooperate with teammates to achieve a common goal.

## **Essential Questions**

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Students will keep considering...

- how concepts of force and motion affect the skill performance in a meet situations.
- why practicing appropriate and safe behaviors while participating in and viewing games, sports, and other competitive events contributes to enjoyment of the event.
- there is a strong cultural, ethnic, and historical background associated with competitive sports.
- to what extent track and field improve skill-related fitness versus health-related fitness.

## **Application of Knowledge and Skill**

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### **Students will know...**

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Students will know...

- the proper mechanics of throwing objects for a field events.
- the rules for track and field activities.
- sportsmanship rules while participating in a track and field unit.

- the health related fitness components related to different track and field.

### **Students will be skilled at...**

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Students will be skilled at...

- pacing during different running events
- handing off a baton during a relay race
- throwing objects for different field events
- working with teammates to achieve a common goal
- identifying and following the rules of track and field

### **Academic Vocabulary**

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### **Learning Goal 1**

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Students will throw objects in different track field events using the correct form.

- Students will throw objects in different track field events using the correct form.

HPE.2.5.6.A.1	Explain and perform movement skills that combine mechanically correct movement in smooth flowing sequences in isolated settings (i.e., skill practice) and applied settings (i.e., games, sports, dance, and recreational activities).
HPE.2.5.6.A.2	Explain concepts of force and motion and demonstrate control while modifying force, flow, time, space, and relationships in interactive dynamic environments.
HPE.2.5.6.A.4	Use self-evaluation and external feedback to detect and correct errors in one's movement performance.

### **Target 1**

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Students will be taught the key points:

- Proper throwing form
- Body mechanics

## **Learning Goal 2**

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Students will hand off a baton using the correct form.

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HPE.2.5.6.A.1	Explain and perform movement skills that combine mechanically correct movement in smooth flowing sequences in isolated settings (i.e., skill practice) and applied settings (i.e., games, sports, dance, and recreational activities).
HPE.2.5.6.A.2	Explain concepts of force and motion and demonstrate control while modifying force, flow, time, space, and relationships in interactive dynamic environments.
HPE.2.5.6.A.4	Use self-evaluation and external feedback to detect and correct errors in one's movement performance.

## **Target 1**

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Students will be taught the following key points:

- Running and passing a baton on the move
- Running in their assigned lane
- The proper way to hand off a baton to their teammate

## **Learning Goal 3**

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Students will explain the rules of track and field.

- Students will explain the rules of track and field.

HPE.2.5.6.C.2	Apply rules and procedures for specific games, sports, and other competitive activities and describe how they enhance participation and safety.
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## **Target 1**

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Students will learn to run in their assigned lane.

## **Target 2**

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Students will learn proper running form.

## **Target 3**

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Students will learn proper throwing form for field events.

## **Learning Goal 4**

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Students will identify the origin and cultural background of track and field.

- Students will identify the origin and cultural background of track and field.

HPE.2.5.6.C.3

Relate the origin and rules associated with certain games, sports, and dances to different cultures.

## **Learning Goal 5**

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Students will explain how track and field enhances their cardiorespiratory endurance.

- Students will explain how track and field enhances their cardiorespiratory endurance.

HPE.2.6.6.A.1

Analyze the social, emotional, and health benefits of selected physical experiences.

HPE.2.6.6.A.2

Determine to what extent various activities improve skill-related fitness versus health-related fitness.

## **Learning Goal 6**

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Students will demonstrate proper sportsmanship and cooperation during track events.

- Students will demonstrate proper sportsmanship and cooperation during track events.

HPE.2.5.6.C.1

Compare the roles and responsibilities of players and observers and recommend strategies to enhance sportsmanship-like behavior.

HPE.2.5.6.C.2

Apply rules and procedures for specific games, sports, and other competitive activities and describe how they enhance participation and safety.

## **Summative Assessment**

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Teacher will evaluate the student's skill performance and their application of the skills.

## **21st Century Life and Careers**

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WORK.5-8.9.1.8.1	Collaboration and teamwork enable individuals or groups to achieve common goals with greater efficiency.
WORK.5-8.9.1.8.1	Effective communication skills convey intended meaning to others and assist in preventing misunderstandings.
WORK.5-8.9.1.8.2	Leadership abilities develop over time through participation in groups and/or teams that are engaged in challenging or competitive activities.
WORK.5-8.9.1.8.C	Collaboration, Teamwork and Leadership
WORK.5-8.9.1.8.D	Cross-Cultural Understanding and Interpersonal Communication

## **Formative Assessment and Performance Opportunities**

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The teacher will monitor and assist the students during different fitness activities and games. Feedback and assistance will be provided to the students.

## **Differentiation/Enrichment**

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Each student is provided an opportunity to be successful through the use of monitoring, practice and repetitive practice.

## **Unit Resources**

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Cones

Batons

Measuring Tape

Stopwatch

Floor Tape

