

# Track and Field II (7)

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

## Track and Field

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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.

### **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.

### **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 3**

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

HPE.2.6.8.A.1

Summarize the short- and long-term physical, social, and emotional benefits of regular physical activity.

HPE.2.6.8.A.2

Use health data to develop and implement a personal fitness plan and evaluate its effectiveness.

## **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.A.2	Implement problem-solving strategies to solve a problem in school or the community.
WORK.5-8.9.1.8.C.1	Determine an individual's responsibility for personal actions and contributions to group activities.
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

Floor tape

Batons

Stop watch

Measuring tape

