

# Track and Field III (8)

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

## Unit 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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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 identify safety issues associated with track and field events.
- How to enter themselves in different track and field events based on their strengths.
- How to compare and contrast the effectiveness of different arrangements of teammates in a relay race.
- How to demonstrate proper sportsmanship and cooperation during games/meets.

### **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 learn to properly hand-off a baton to a teammate, while staying in their assigned lane.

HPE.2.5.8.A.1	Explain and demonstrate the transition of movement skills from isolated settings (i.e., skill practice) into applied settings (i.e., games, sports, dance, and recreational activities).
HPE.2.5.8.A.2	Apply the concepts of force and motion (weight transfer, power, speed, agility, range of motion) to impact performance.
HPE.2.5.8.A.3	Create, explain, and demonstrate, as a small group, a planned movement sequence that includes changes in rhythm, tempo, and musical style (creative, cultural, social, and fitness dance).
HPE.2.5.8.A.4	Detect, analyze, and correct errors and apply to refine movement skills.

## **Target 1**

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## **Target 2**

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## **Learning Goal 2**

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Students will learn the background of track and field.

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| HPE.2.5.8.C.1 | Assess player behavior for evidence of sportsmanship in individual, small-group, and team activities.   |
| HPE.2.5.8.C.2 | Summarize types of equipment, products, procedures, and rules that contribute to the safety of specific individual, small-group, and team activities. |
| HPE.2.5.8.C.3 | Analyze the impact of different world cultures on present-day games, sports, and dance.   |

## **Target 1**

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## **Learning Goal 3**

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Students will learn the proper throwing skills for different field events.

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|---------------|--|
| HPE.2.5.8.A.1 | Explain and demonstrate the transition of movement skills from isolated settings (i.e., skill practice) into applied settings (i.e., games, sports, dance, and recreational activities).   |
| HPE.2.5.8.A.2 | Apply the concepts of force and motion (weight transfer, power, speed, agility, range of motion) to impact performance.  |
| HPE.2.5.8.A.3 | Create, explain, and demonstrate, as a small group, a planned movement sequence that includes changes in rhythm, tempo, and musical style (creative, cultural, social, and fitness dance). |

## **Target 1**

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Students will be taught the key points:

- Proper throwing form
- Body mechanics

## **Target 2**

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## **Target 3**

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## **Summative Assessment**

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Students will be evaluated on their performance and application of track and field events.

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

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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.C.1	Determine an individual's responsibility for personal actions and contributions to group activities.
WORK.5-8.9.1.8.D.1	Employ appropriate conflict resolution strategies.
WORK.5-8.9.1.8.D.2	Demonstrate the ability to understand inferences.

## **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