

Rogers Public Schools Instructional Alignment										
Physical Education - Cross Country										
Qtr										
Q1	Q2	Essential Learning	SLE Number	AR Department of Education Student Learning Expectations (SLE)	Objective	Task Analysis	Essential Vocabulary	Materials/Resources	Instructional Strategies	Assessment
x	x	Strength and Conditioning	MC.1.PEL.4	Examine a variety of fitness and adventure activities to perform complex skills (e.g., dance, team and individual sports, aerobics, strength training, casting a fishing rod, canoeing, hiking, cycling)	Develop appropriate movement forms while participating in Cross Country.	Employ movement patterns for running. Understanding of rules etc	Adventure activities Strategy tactics Fundamental movement Patterns Complex skill	Physical Dimensions Notebook pg. 70-80	Teach weight lifting techniques and conditioning at practices	Observation
x	x	Assessments	MC.1.PEL.1	Critique movement in a variety of activities by utilizing technology (e.g., videos, digital cameras, stop watches, heart monitors, pedometers, computer programs)	Self-assess and understand personal health-related fitness components using a stop watch/ HRM.	Distinguish between activities to determine which ones provide a higher level of cardiovascular fitness	Heart Rate Monitor, Pulse,	Heart rate monitors	Timed runs at practice and meets. Teach runners to use GPS watches. Use of cameras to improve techniques	Heart Rate Monitors Stop Watch
x	x	Strength and Conditioning	MC.1.PEL.2	Identify and apply proper concepts associated with participation in a variety of activities (e.g., weightlifting, stretching, running, breathing, warm-ups)	Understand the importance of correct lifting techniques.	Be able to demonstrate proper technique in the bench press and squat. Proper spotting techniques. Apply safe spotting techniques during workouts.	Strategies Anticipation Collaboration Coordination	Physical Dimensions Notebook pg. 70-80	Use of reflectors and vests for dark runs. Teach proper stretching exercises to prevent injuries. Teach proper techniques for leg exercises	Verbal QuizWorksheet Observation
x	x	Walking / Jogging	MC.1.PEL.3	Participate in a variety of activities that promote fitness (e.g., traditional activities, adventure activities, competitive activities, recreational activities)	Maintain and improve health-related fitness components through walking/running/aero activities.	Demonstrate a variety of traditional and adventure activities. - Assessment of activity - Check list of different activities	Adventure activities Strategy Tactics Fundamental movement Patterns Complex skill	Physical Dimensions Notebook pg. 184-200	Give feedback to athletes to improve performance Discussions of proper eating and sleeping habits.	Teacher Observation
x	x		MC.1.PEL.4	Examine a variety of fitness and adventure activities to perform complex skills (e.g., dance, team and individual sports, aerobics, strength training, casting a fishing rod, canoeing, hiking, cycling)	Demonstrate knowledge of different running forms and their proficiency	Demonstrate a basic level advancing to a proficient level of competency in a variety of running activities. - Teacher assessment - Peer assessment - Self assessment	"A" Skip, "B" Skip,	Physical Dimensions Notebook pg. 323-327	Practice on track the proper forms for different warm up activities including "A" skip and "B" skip, plyometrics, aerobics etc.	Partner FeedbackTeacher observation

x	x		HRF.2.PEL.1	Participate in a nationally recognized fitness assessment at various times throughout the year to determine the initial level of fitness and to determine individual progress (e.g., President's Challenge, other nationally recognized health-related fitness tests): <ul style="list-style-type: none"> • cardio-respiratory (e.g., mile run, step test, recovery rate, pacer) • muscular strength (e.g., pull-ups, push-ups, modified push-ups, flexed arm hang, grip and bicep strength) • muscular endurance (e.g., curl-ups, push-ups, step-ups, grip endurance) • Flexibility (e.g., V-sit, sit and reach, shoulder stretch, trunk lift, body rotation) • body composition (e.g., BMI, body fat percentage, waist-hip ratio, skin fold) 	Evaluate personal fitness status after participation in a fitness test.	Self-Evaluate personal fitness status after participation in a fitness test.	Cardiovascular Endurance Flexibility Muscular Strength BMI Blood Pressure Heart rate Circuit training Heart rate monitors Goal setting Fitness program	Microfit	Test heart rate after timed and distance runs. Teach proper ranges for heart rate while exercising. Set running goals for athletes both distance and time	Teacher Observation, Peer Assessment, Self Assessment
x	x	Walking / Jogging	HRF.2.PEL.3	Participate in a variety of appropriate activities in each area of fitness by incorporating the FITT formula and the three basic principles of exercising: <ul style="list-style-type: none"> • cardio-respiratory (e.g., target heart rate formula, bicycling, canoeing, dancing, jogging, hiking, running, swimming, walking) • muscular strength (e.g., pull-ups, push-ups, modified push-ups, flexed arm hang, grip and bicep strength, weight training) • muscular endurance (e.g., curl-ups, push-ups, step-ups, weight training) • flexibility (e.g., stretching, rotating, yoga, aerobics, Pilates) • body composition (e.g., balanced nutrition and physical activity) 	Distinguish among the various walking/running speeds and realize the effect of those speeds on fitness levels and weight control.	Demonstrate a variety of health enhancing activities <ul style="list-style-type: none"> - Training log - Heart rate log - Food log 	cardio-respiratory muscular strength endurance flexibility body composition circuit training heart-rate monitoring stretching nutrition logs	Physical Dimensions Notebook pg. 182-183	Have athletes create training logs, heart rate logs etc. Follow up to make sure they are filling out correctly and in a timely manner.	Pedometers/ HRM's
x	x	Nutrition	HRF.2.PEL.2	Create a personal fitness plan based on a variety of physical activities, fitness profiles, nutritional guidelines, and fitness principles	Set goals and maintain healthy habits through a nutritional log.	Design and analyze health fitness goals <ul style="list-style-type: none"> - My Pyramid - Caloriesperhour.com - mapmyrun.com 	Fitness profiles Nutritional guidelines	Physical Dimensions Notebook pg. 434-440	Discuss with runners the importance of proper nutrition. Have them fill out nutritional logs.	Student Log

x	x	Walking / Jogging / Running	LAR.3.PEL.6	Monitor personal fitness to include potential lifetime activities that promote health-related fitness, relieve tension, and maintain a healthy weight in both school and non-school settings	Begin charting walking/running distances working toward semester walking/running goals.	Students will be able to illustrate and apply health related activities and record them in a personal journal.	Cardiovascular Endurance Flexibility Muscular Strength BMI Blood Pressure Heart rate Circuit training Heart rate monitors Goal setting Fitness program	Physical Dimensions Notebook pg. 198-199	Create running logs to monitor running distances. Building toward desired weekly mileage by end of season.	Million Dollar Worksheet
x	x	Nutrition	PSB.4.PEL.3	Examine the potential dangers of anabolic steroids and performance-enhancing supplements (e.g., mood swings, liver damage, sterility, legalities)	Recognize the impact of risky behaviors.	Evaluate the long term affects " physical emotional, and/or social " from the use of performance enhancing products.	Cancer Steroids Sterility Hostility Suicide Illegal	Physical Dimensions Notebook pg. 446-447	Discuss with athletes and have them analyze the importance of proper behavior. Avoiding negative activities and individuals leading them in wrong direction. Teach negative aspects of steroids, smoking, drinking, and drugs.	Written Test
	x	Walking / Jogging / Running	LAR.3.PEL.4	Research fitness and/or recreational opportunities available locally, statewide, or nationally (e.g., trails, wilderness areas, rivers, lakes, fitness clubs, community fitness organizations)	Maintain and improve health-related fitness components through walking/running activities outside the school setting.	Evaluate different trails during a walking/running program.	Cross Hollows, Fleemans, Bachelors, Dream Valley	Physical Dimensions Notebook pg. 193-194	Teach and monitor runners on their different runs. Make sure they know route of each course. Make sure they stay together to avoid being lost.	Journal
x	x	Assessments	LAR.3.PEL.3	Examine the benefits of lifetime participation in traditional, adventure, or leisure activities: <ul style="list-style-type: none"> stress management maintain muscle mass maintain cardio-respiratory fitness maintain body weight promote social interaction 	Understand the value of lifelong participation in physical activity.	Analyze the benefits of life long activity	Cardiovascular Endurance Flexibility Muscular Strength BMI Blood Pressure Heart rate Circuit training Heart rate monitors Goal setting Fitness program	Physical Dimensions Notebook	Make sure runners understand the must train in off season and that running can be a life long activity.	Class discussion

x	x	Nutrition	LAR.3.PEL.2	Discuss the benefits of participating in regular physical activity to reduce chronic disease risks: <ul style="list-style-type: none"> • reduce blood lipids • lower blood pressure • appropriate weight loss • reduce stress • lessen colon cancer risk • lessen risk for diabetes 	Analyze the benefits of weight loss directly related a walking/ running program.	Research in areas of personal concern will be debated on through the semester. Specific resources must be recorded to back up research. Research articles	Cardiovascular Endurance Flexibility Muscular Strength BMI Blood Pressure Heart rate Circuit training Heart rate monitors Goal setting Fitness program	Physical Dimensions Notebook	Work with athletes if weight loss is a concern. Make sure they understand to much loss can be detrimental	Class Discussion
x	x		LAR.3.PEL.3	Examine the benefits of lifetime participation in traditional, adventure, or leisure activities: <ul style="list-style-type: none"> • stress management • maintain muscle mass • maintain cardio-respiratory fitness • maintain body weight • promote social interaction 	Analyze the health benefits of lifetime participation in recreational sports.	Understand the benefits of participation in recreational sports as they relate to: stress reduction, muscle mass, cardiovascular fitness, body weight, and social interaction	Stress Reduction, Muscle Mass, Cardiovascular, Social Interaction	PE Central	Let students know cross training with other activities can be beneficial, especially during the off season	Peer Assessment, Self Assessment
x	x	Nutrition	LAR.3.PEL.5	Evaluate personal health and fitness as it relates to: <ul style="list-style-type: none"> • leisure time • employment • daily activities • economic impact 	*Demonstrate knowledge of personal health and fitness as it relates to recreational sports.	Understand the benefits of recreational sports as they relate to personal health and fitness.	Insurance Co-pay Medicare	Physical Dimensions Notebook	Discuss school insurance as well as process for treating injured athletes, sending to training, following his suggestions etc	Peer Assessment, Self Assessment
	x	Orientation	PSB.4.PEL.1	Demonstrate ability to act responsibly and independently in physical activity settings (e.g., accepts constructive feedback, displays courtesy to others, works independently, follows proper procedures, demonstrates fair play)	Cooperate with others in order to accomplish group tasks.Be familiar with the other students in the class.	Name and demonstrate responsible and considerate personal behaviors during a relay race.	Responsible Considerate Personal behaviors Constructive feed back Courteous Independently	Physical Dimensions Notebook pg. 3-15	Have senior experienced runners help train new athletes, partner stretches, partner runs, treat all team mates with respect	Direct Observation Accomplish Tasks
x	x		PSB.4.PEL.2	Apply appropriate safe behaviors when participating in all physical activities (e.g., care of equipment, wear helmet, wear mouth piece, wear life vest, hunter and boating safety)	Students will demonstrate appropriate safe behaviors when lifting weights.	The proper placements of equipment during workouts. Use of proper hand placement on the bar. Employ an awareness of ones surroundings "running on the street, weightroom."	Responsible Considerate Personal behaviors Constructive feed back Courteous Independently	Physical Dimensions Notebook	Make sure athletes know importance of proper weight lifting techniques, safety issues etc. Must maintain proper behavior in weight room	Observation

x	x	Nutrition	PSB.4.PEL.3	Examine the potential dangers of anabolic steroids and performance-enhancing supplements (e.g., mood swings, liver damage, sterility, legalities)	Identify the consequences of using performance-enhancing supplements.	They compare the benefits and the side affects of anabolic steroids. Debate the use of legalization for steroids.	Cancer Steroids Sterility Hostility Suicide Illegal	Physical Dimensions Notebook pg. 446-447	Discuss risks and consequences associated with use of anabolic steroids and their impact in the athletic realm.	Observation
x	x	Orientation	PSB.4.PEL.4	Discuss and model positive social behaviors associated with physical activity (e.g., peer interaction, team work, sportsmanship, avoid bullying)	Develop a sense of trust and security in the group.	Summarize and apply positive social behaviors associated with physical activity. - Hellison Model	Social behaviors Peer Interaction Sportsmanship	Physical Dimensions Notebook pg. 18-38	Athletes engage in realistic goal setting and team building activities to display positive social behaviors.	Group Discussion/Observation
x	x	Social	PSB.4.PEL.5	Recognize the impact of peer pressure on physical activity, participation, and performance	Identify and discuss the consequences of peer pressure from teammates, friend, and parents.	Summarize and apply positive social behaviors associated with physical activity. - Hellison Model	stress, bullying,	Physical Dimensions Notebook	Discuss risks and consequences associated with peer pressure.	Discussion
x	x	Strength and Conditioning	LAR.3.PEL.1	Engage in a variety of activities that promote improvement in each skill-related component of fitness: • agility • balance • coordination • power • reaction time • speed	Maintain and improve skill-related fitness components through drills at practice.	Demonstrate all of the skill related components	agility, balance, coordination, power, reaction time, speed	Physical Dimensions Notebook	Athletes engage in a variety of drills working on skill related fitness	Discussion / Observation
x	x	Social	HRF.2.PEL.4	Explore a variety of stress-relief strategies (e.g., relaxation techniques, laughing, deep breathing, imagery, exercise)	Analyze the health benefits of different stress relieving exercises.	Demonstrate and discuss a variety of different stress relieving techniques.	imagery, relaxation, exercise, yoga	Physical Dimensions Notebook	non-linguistic representation	Discussion / Observation
x	x	Strength and Conditioning	MC.1.PEL.5	Differentiate between anaerobic and aerobic activities for improvement in endurance	Maintain and improve health-related fitness components through walking/running/aerobic activities.	Employ different workouts to reinforce the anaerobic vs. aerobic endurance.	oxygen, carbondioxide, crossraining, fartlik	Physical Dimensions Notebook	reinforcing effort and providing recognition	Discussion / Observation
x	x	Strength and Conditioning	MC.1.PEL.6	Differentiate between isotonic and isometric activities for improvement in strength and flexibility	Understand the importance of correct lifting techniques.	Employ movement patterns for desired activity, Understanding of rules, Utilize strategies appropriate for each activity/sport	isotonic, isometric,	Physical Dimensions Notebook	reinforcing effort and providing recognition	Discussion / Observation
x	x	Strength and Conditioning	MC.1.PEL.7	Differentiate between the components of the FITT formula: • Frequency • Intensity • Time • Type	Develop appropriate movement forms while participating in Cross Country. Develop strength and coditioning at practices.	Employ different workouts to reinforce the Fitt folmula.	frequency, intensity, time, type,	Physical Dimensions Notebook	non-linguistic representation	Discussion / Observation
x	x	Strength and Conditioning	MC.1.PEL.8	Evaluate the three basic principles of exercise as it relates to personal fitness: • overload • progression • specificity	Develop appropriate movement forms while participating in Cross Country. Develop strength and coditioning at practices.	Employ skills and drills for desired activity, Understanding of rules, Utilize strategies appropriate for each activity/sport	overload, progression, specificity	Physical Dimensions Notebook	non-linguistic representation	Discussion / Observation

