Physical Education Unit Plan 

Time Period = 2 Weeks

Number of Classes = 4 Block Classes

Unit Focus = SURVIVAL

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| DAYS (90 min.) | FITNESS FOCUS | SPOTLIGHT SKILLS | MODIFICATIONS |
| 1 – Warm up  Activity: Hunting  Closure | Cardiovascular  Endurance  Agility | Throwing  Running  Hand/Eye –Coordination  Teamwork | Decrease or Increase throwing distance – Decrease or Increase target area |
| 2 – Warm up  Activity: Foraging/Fishing  Closure | Cardiovascular  Endurance  Agility | Throwing  Running  Hand/Eye –Coordination  Teamwork | Decrease or Increase throwing distance – Decrease or Increase target area |
| 3 – Warm up  Activity: Planting Crops  Closure | Cardiovascular  Endurance  Agility | Running  Hand/Eye –Coordination  Gross Motor Skills  Teamwork | Decrease or Increase the number of seeds – Decrease or Increase activity area |
| 4 – Warm up  Activity: Harvest  Closure | Cardiovascular  Endurance  Throwing Skills  Agility | Running  Hand/Eye –Coordination  Fine Motor Skills  Teamwork | Decrease or Increase the number of seeds – Decrease or Increase activity area |
| Key Terms to be learned in English and Spanish: Fire, Food, Water, Run, Help | | | |
| Standards Addressed:  1) Students demonstrate knowledge of and competency in motor skills, movement patterns, and strategies needed to perform a variety of physical activities. 2) Students achieve a level of physical fitness for health and performance, while demonstrating knowledge of fitness concepts, principles, and strategies. 3) Students demonstrate knowledge of psychological and sociological concepts, principles, and strategies that apply to the learning and performance of physical activity. | | | |
| Objective: Objectives = 1) Students will learn how to help themselves and their neighbors (both Spanish and English speakers) survive a disaster. 2) Students will think critically about what supplies and abilities are needed to survive a disaster. 3) Students will learn how to prepare for a future disaster, using both Spanish and English terms. | | | |
| Rationale: Students will explore survival strategies and concepts to better understand how to survive a natural disaster.  This knowledge will aid them in preparing for adverse situations, and equip them with the ability and skills to think critically.  Students will learn how to help themselves, as well as their neighbors (**both English and Spanish speakers)** BY knowing what supplies and abilities are needed to prepare for future disaster.  By paring both physical education and Spanish content into the lessons, students will be better able to work with "neighbors" who may speak a different language to accomplish skill-related tasks and utilize teamwork concerning necessary abilities for survival and survival preparation. | | | |