

MSAD #54 Curriculum

Content Area: Physical Education
Unit: Snowshoeing

Grade: 9-Diploma
MLR Span: 9-Diploma

MLR Content Standard:

G. Movement/Motor Skills and Knowledge: Students demonstrate the *fundamental and specialized movement skills* and apply *principles of movement* for improved performance.

H. Physical Fitness Activities and Knowledge: Students demonstrate and apply fitness concepts.

I. Personal and Social Skills and Knowledge: Students demonstrate and explain responsible personal behavior and responsible social behavior in physical activity settings.

Performance Indicator:

G1. Stability and Force

G2. Movement Skills

H3. Physical Fitness Activities and Knowledge

I2. Responsible Behavior

Performance Descriptor(s)	MSAD #54 Objectives	Instructional Resources/ Activities/Assessments
<p>G1 Stability and Force</p> <p>Students change their motion and the motion of objects by applying the principles of stability and force to modify their performance in games/physical activities.</p> <p>c. Adjust movements to accommodate external forces that decrease risk for injury.</p> <p>G2 Movement Skills</p> <p>Students demonstrate a variety of <i>specialized movement skills</i> specific to a game/physical activity while participating in a game/physical activity.</p> <p>H3 Physical Fitness Activities and Knowledge.</p> <p>I2 Responsible Behavior</p> <p>Students demonstrate responsible and ethical personal behavior while participating in physical activities.</p>	<p>Students will:</p> <p>Demonstrate proficiency in understanding the components of a snowshoe.</p> <p>Demonstrate proficiency in safety factors related to snowshoeing.</p> <p>Demonstrate knowledge of improving personal fitness and ways to pursue snowshoeing further.</p> <p>National Physical Standards:</p> <p>Understand that physical activity provides opportunities for enjoyment, challenge, self-expression, and social interaction.</p>	<p>Lesson 1.</p> <p>Demonstrate how to put on snowshoes, and use with proper care and maintenance.</p> <p>Introduction on how to walk in snowshoes.</p> <p>Activity: Participate in snowshoeing activity on sports fields.</p> <p>Assessment: Informal assessment on participation.</p> <p>Lesson 2.</p> <p>Demonstrate the following horizontal movements: Striding; stamping, turning “kick or step;” breaking trail; bush-wacking; using poles.</p> <p>Activity: Students participate and practice above horizontal movements.</p> <p>Assessment: Informal assessment on participation.</p> <p>Lesson 3.</p> <p>Vertical movements on river walk using switch-backing, side stepping, herringbone stepping, jumping, and glissade.</p> <p>Activity: Participate and practice above vertical movements.</p> <p>Assessment: Informal assessment on participation.</p> <p>Reference: Winter Kids Outdoor</p>

