

LESSON 16: WALKING TEST AND REFLECTION

Grade-Level Outcomes

Primary Outcomes

See block plan chart for outcomes to be assessed on test.

Physical activity knowledge: Discusses the benefits of a physically active lifestyle as it related to college or career productivity. (S3.H1.L1)

Physical activity knowledge: Identifies issues associated with exercising in heat, humidity and cold. (S3.H3.L1)

Physical activity knowledge: Evaluates—according to their benefits, social support network and participation requirements—activities that can be pursued in the local environment. (S3.H4.L1)

Physical activity knowledge: Evaluates risks and safety factors that might affect physical activity preferences throughout the life cycle. (S3.H5.L1)

Physical activity knowledge: Analyzes the impact of life choices, economics, motivation and accessibility on exercise adherence and participation in physical activity in college or career settings. (S3.H5.L2)

Personal responsibility: Employs effective self-management skills to analyze barriers and modify physical activity patterns appropriately, as needed. (S4.H1.L1)

Health: Analyzes the health benefits of a self-selected physical activity. (S5.H1.L1)

Social interaction: Identifies the opportunity for social support in a self-selected physical activity or dance. (S5.H4.L1)

Embedded Outcome

Working with others: Uses communication skills and strategies that promote team or group dynamics. (S4.H3.L1)

Lesson Objectives

The learner will:

- describe and apply fitness and physical activity knowledge on a written exam.
- share personal experiences from daily logs and homework assignments.

Equipment and Materials

- Exams
- Pencils
- Flip charts and easels

Introduction

We're starting today's class with a knowledge test on the module. Once you have completed that, we will move on to review the homework from our last class.

Instructional Task: Knowledge Test

■ PRACTICE TASK

Administer a knowledge test on the concepts and principles taught during the module.

Student Choices/Differentiation

Allow extra time if needed.

Instructional Task: **Review of Homework Assignment From Lesson 15**

■ PRACTICE TASK

In small groups, have students share their answers from the homework. Ask one member of each group to share her responses with the whole class.

EMBEDDED OUTCOME: S4.H3.L1. Use this group task to reinforce the importance of good listening and communication skills. Provide specific feedback related to appropriate communication.

Student Choices/Differentiation

- Students choose their groups.
- Students may choose to be the recorder.
- Small groups may choose to report out to the whole class.
- Students may use flip charts to record responses.

What to Look For

- All students are contributing to the group discussion.
 - Group members are listening to and supporting each other.
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Formal and Informal Assessments

Knowledge tests

Closure

- I am impressed by the progress you made in this walking module and how well you are able to apply the fitness and physical activity knowledge you have learned. You can use that knowledge in any fitness activity you choose to do, not just walking.
- Walking is very versatile—you can do it anywhere. It's a popular activity for adults and families and something you can do throughout your lives for health, enjoyment, and social interaction.
- It's time to think about your next module, so please review your choices before the next class.

Reflection

- Were there any concepts or ideas students still struggled with at the end of the module?
- What could I do better the next time this module is offered?

Homework

- Keep working on improving and monitoring your fitness while you get ready for your next module.
- Check the school's physical education website for a list of upcoming modules so you will be prepared to choose next class.