

LESSON 15: RACE DAY

Grade-Level Outcomes

Primary Outcomes

Lifetime activities: Refines activity-specific movement skills in 1 or more lifetime activities (outdoor pursuits, individual-performance activities, aquatics, net/wall games or target games). (S1.H1.L2)

Fitness activities: Demonstrates competency in 2 or more specialized skills in health-related fitness activities. (S1.H3.L2)

Engages in physical activity: Creates a plan, trains for and participates in a community event with a focus on physical activity (e.g., 5K, triathlon, tournament, dance performance, cycling event). (S3.H6.L2)

Embedded Outcome

Challenge: Chooses an appropriate level of challenge to experience success and desire to participate in a self-selected physical activity. (S5.H2.L2)

Lesson Objectives

The learner will:

- complete a triathlon.

Equipment and Materials

- Swim gear
- Bike gear
- Running gear
- Course (if completing a class-created triathlon): signs, markers, registration table, lifeguards, and so on

Introduction

Today is race day! All of you have put in a lot of work preparing for today, both in and outside of the classroom. Believe in the work that you have done and, as a class, what we have learned to prepare us for this day. Put into practice the little things to make your transitions smoother and to make each leg of the triathlon successful. The work is done, and today is the day that you reap the benefits of your training and, most important, have fun and enjoy your success. Good luck to everyone!

Instructional Task: Registration and Student Transition Set-Up

■ PRACTICE TASK

Students register and get a registration packet.

Go through the registration packet with students. Explain where to place registration numbers on bikes, helmets, and shirts.

Students set up their personal transition areas.

Note: If you set up the course, students can review the course before participating. You will need assistance in running the event, including lifeguards, registration volunteers, volunteers to mark the course and provide directions during the event, and finish line volunteers. You also must provide EMT or first aid personnel.

Guiding questions for students:

- Where do the numbers get placed?
- What color is your swim cap? What does this mean?
- What time does the race start?
- What concerns are you having before the race?

Student Choices/Differentiation

Encourage students to participate within their limits, do their personal best, and focus on their own goals.

What to Look For

- Students placed numbers on their bikes correctly.
- Students placed numbers on their running shirts correctly.
- Everyone found their area to set up for transition.

Instructional Task: Complete Triathlon

■ PRACTICE TASK

Students complete the triathlon.

Note: Arrange for videotaping of the event to use in the last class.

EMBEDDED OUTCOME: S5.H2.L2. After the triathlon, ask students if they felt challenged by the event and in what ways.

What to Look For

- Everyone completed the swim.
 - Everyone transitioned onto the bike.
 - Everyone finished the bike.
 - Everyone transitioned into the run.
 - Everyone finished the run.
-

Formal and Informal Assessments

Completion of triathlon

Closure

- After a couple of months of training, you all completed your first triathlon! My hope is that you are all very proud of yourself and your accomplishment today.
- Next class when we meet, we are going to reflect on the race, our journey, and what the future holds for you.
- As the race is fresh in your head, at some point today, write down your thoughts and some notes on the entire day. Write down things that went well, things that didn't go so well, things you felt prepared for, and things you felt unprepared for. Also, come up with one word to describe your feelings after the race.
- I am proud of all of you and I hope that you are feeling proud of yourselves! I am looking forward to hearing your reflections in our next class.

Reflection

- Was the chosen race distance realistic?
- What, if anything, could you add to your teachings to make the students more successful?

Homework

- Write down your reflections on the race. Did you meet your goals?
- What did you do well?
- What could you do better?