



# MULTI-SPORT EVENTS MODULE

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## MULTI-SPORT EVENTS

Grade-Level Outcomes Addressed, by Lesson	Lessons															
	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16
<b>Standard 1. The physically literate individual demonstrates competency in a variety of motor skills and movement patterns.</b>																
Demonstrates competency and/or refines activity-specific movement skills in 2 or more lifetime activities (outdoor pursuits, individual-performance activities, aquatics, net/wall games or target games). (S1.H1.L1)						P	P	P	P		P	P	P		P	
Demonstrates competency in 1 or more specialized skills in health-related fitness activities. (S1.H3.L1)														P		
Demonstrates competency in 2 or more specialized skills in health-related fitness activities. (S1.H3.L2)				P	P	P	P	P	P		P	P	P		P	
<b>Standard 2. The physically literate individual applies knowledge of concepts, principles, strategies and tactics related to movement and performance.</b>																
Applies the terminology associated with exercise and participation in selected individual-performance activities, dance, net/wall games, target games, aquatics and/or outdoor pursuits appropriately. (S2.H1.L1)		E				P		P		P						
Uses movement concepts and principles (e.g., force, motion, rotation) to analyze and improve performance of self and/or others in a selected skill. (S2.H2.L1)					E			P								
Creates a practice plan to improve performance for a self-selected skill. (S2.H3.L1)			P													
<b>Standard 3. The physically literate individual demonstrates the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness.</b>																
Identifies issues associated with exercising in heat, humidity and cold. (S3.H3.L1)													E			
Evaluates—according to their benefits, social support network and participation requirements—activities that can be pursued in the local environment. (S3.H4.L1)	P															
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)			P		E	P	P	E	P	E	P	P	P	E	P	P
Designs and implements a strength and conditioning program that develops balance in opposing muscle groups (agonist/antagonist) and supports a healthy, active lifestyle. (S3.H7.L2)			P													
Identifies the different energy systems used in a selected physical activity (e.g., adenosine triphosphate and phosphocreatine, anaerobic glycolysis, aerobic). (S3.H8.L2)		P														
Develops and maintains a fitness portfolio (e.g., assessment scores, goals for improvement, plan of activities for improvement, log of activities being done to reach goals, timeline for improvement). (S3.H11.L2)			E													
Creates a snack plan for before, during and after exercise that addresses nutrition needs for each phase. (S3.H13.L2)														P		
Applies stress-management strategies (e.g., mental imagery, relaxation techniques, deep breathing, aerobic exercise, meditation) to reduce stress. (S3.H14.L2)														P		

Standard 4. The physically literate individual exhibits responsible personal and social behavior that respects self and others.															
Employs effective self-management skills to analyze barriers and modify physical activity patterns appropriately, as needed. (S4.H1.L1)														E	
Exhibits proper etiquette, respect for others and teamwork while engaging in physical activity and/or social dance. (S4.H2.L1)				P		P									
Uses communication skills and strategies that promote team or group dynamics. (S4.H3.L1)				P								E			
Solves problems and thinks critically in physical activity or dance settings, both as an individual and in groups. (S4.H4.L1)				E											
Applies best practices for participating safely in physical activity, exercise and dance (e.g., injury prevention, proper alignment, hydration, use of equipment, implementation of rules, sun protection). (S4.H5.L1)				P		E									
Standard 5. The physically literate individual recognizes the value of physical activity for health, enjoyment, challenge, self-expression and/or social interaction.															
Analyzes the health benefits of a self-selected physical activity. (S5.H1.L1)	E														
Chooses an appropriate level of challenge to experience success and desire to participate in a self-selected physical activity. (S5.H2.L2)									E		E		E		E
Identifies the opportunity for social support in a self-selected physical activity or dance. (S5.H4.L1)															E

P = Primary; E = Embedded