

HIKING MODULE

Lessons in this module were contributed by **Tracy Krause**, a physical education teacher at Tahoma High School in Maple Valley, WA.



Grade-Level Outcomes Addressed, by Lesson	Lessons												
	1	2	3	4	5	6	7	8	9	10	11	12	13
Standard 1. The physically literate individual demonstrates competency in a variety of motor skills and movement patterns.													
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	P	P	P	P
Standard 2. The physically literate individual applies knowledge of concepts, principles, strategies and tactics related to movement and performance.													
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)	P	P	P						P	P	P		
Identifies and discusses the historical and cultural roles of games, sports and dance in a society. (S2.H1.L2)						E			P		E		
Standard 3. The physically literate individual demonstrates the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness.													
Identifies issues associated with exercising in heat, humidity and cold. (S3.H3.L1)					E							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								
Participates several times a week in a self-selected lifetime activity, dance or fitness activity outside of the school day. (S3.H6.L1)	E							E					
Relates physiological responses to individual levels of fitness and nutritional balance. (S3.H8.L1)				E									
Applies stress-management strategies (e.g., mental imagery, relaxation techniques, deep breathing, aerobic exercise, meditation) to reduce stress. (S3.H14.L2)													E
Standard 4. The physically literate individual exhibits responsible personal and social behavior that respects self and others.													
Exhibits proper etiquette, respect for others and teamwork while engaging in physical activity and/or social dance. (S4.H2.L1)	P		E						P	E			P
Examines moral and ethical conduct in specific competitive situations (e.g., intentional fouls, performance-enhancing substances, gambling, current events in sport). (S4.H2.L2)									E		E		
Uses communication skills and strategies that promote team or group dynamics. (S4.H3.L1)	E	E	E						E			E	
Solves problems and thinks critically in physical activity and/or dance settings, both as an individual and in groups. (S4.H4.L1)		E	E	E			E	P					
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)					E								P
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
Selects and participates in physical activities or dance that meet the need for self-expression and enjoyment. (S5.H3.L1)													E

P= Primary; E = Embedded