

LESSON 16: REFLECTION AND POST-RACE CELEBRATION

Grade-Level Outcomes

Primary Outcome

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

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

Lesson Objectives

The learner will:

- reflect on the effectiveness of his or her training plan.
- identify his or her strengths and weaknesses in the disciplines.

Equipment and Materials

- Writing material
- Whiteboards or poster board
- Results from triathlon

Introduction

In our previous class, everyone participated in the triathlon that we have been training for. Today, I want you to share your reflections of the event and talk about what you liked, what you didn't like, and maybe what you would do differently going forward or training for your next event. At the end of most triathlons and other endurance events, participants partake in refreshments and a little celebration in which everyone congratulates and supports one another. Because this is the end of our event and the module, we'll have a celebration of our own at the end of class!

Instructional Task: Triathlon Reflection

■ PRACTICE TASK

Students discuss their race reflections in small groups.

In the same groups, students discuss the guiding questions that weren't covered in their reflections.

Hand out the triathlon results to each student, with times for each discipline and both transitions, if possible.

Have students calculate the pace for each of the disciplines and reflect on the results.

Students present their reflections to the class.

Guiding questions for students:

- What areas of the race went well?
- What did you struggle with?
- What part was most difficult?
- What part were you most prepared for?
- Did you attain your personal goal?
- What area do you feel that you improved on the most?
- What would you change in your training if you could go back?

- What were your words to describe the event?
- If we did this again, what would you change about the event?

Student Choices/Differentiation

Create a handout with guiding questions for each group to answer.

What to Look For

- Students are engaged in the small groups.
- Students are analyzing their performance accurately.

Instructional Task: Module Celebration

■ PRACTICE TASK

Hold a small party with refreshments. Show video clips of the event and each student who participated. Hand out completion certificates, if desired. Invite other school personnel and families, if feasible.

EMBEDDED OUTCOME: S5.H4.L1 Ask each student to compliment some aspect of at least two other students' performance in the race and share feelings about the event.

What to Look For

- Students are supporting one another genuinely.
- Students are interacting with students who they typically don't interact with.
- Students seem to have a sense of accomplishment.

Formal and Informal Assessments

Student reflections

Closure

- I think this class can have a profound effect on your health today and in the future. My hope is that taking this class has sparked something in each of you that will encourage you to compete in another triathlon or multi-sport event.
- I also hope that you learned something about yourself and what it means to train for an event.
- As you saw when you were searching for an event to compete in, multi-sport events occur just about every weekend, in many places, with many opportunities to be a part of them, from participating to volunteering.
- I hope that you continue to compete and train for races. as this is an opportunity to incorporate fitness into your life!
- It's time to think about your next module, so please review your choices before our next class.

Reflection

- Review the written reflections from students.
- What were the biggest challenges in teaching the module?
- What should I do differently next time? Which aspects went really well?
- Do we need to spend more time on training plans?

Homework

Choose the next module.

Resources

USA Triathlon: www.usatriathlon.org