* **East Physical Education**

UNIT: MOUNTAIN BIKING

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| **Stage 1 Desired Results** |
| ESTABLISHED GOALSStandard 1:Students will have the necessary knowledge and skills to establish and maintain physical fitness, participate in physical activity, and maintain personal health.Standard 2:Students will acquire the knowledge and ability necessary to create and maintain a safe and healthy environment.Standard 3:Students will understand and be able to manage their personal and community resources. | ***Transfer*** |
|  *Students will be able to independently follow a bike trail course in order to achieve and maintain a healthy lifestyle.* |
| ***Meaning*** |
| UNDERSTANDINGS *Students will understand that:** Road and trail safety procedures
* Participation in mountain biking builds strength and endurance
* There are various styles of bikes based on the course or training
* Participation in outdoor biking improves the mind/ body/ soul connection
 | ESSENTIAL QUESTIONS* What safety rules apply to mountain biking?
* How can you apply mountain biking into your personal fitness program?
* How does mountain biking differ from all other types of biking?
* How does mountain biking improve the holistic connection?
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| ***Acquisition*** |
| *Students will know…** *Bike riding hand signals, preventing accidents*
* Bike Alignment
* Using brakes, when to switch gears, seat placement
* Off road courses
* Tire pressure, lubricating the bike, patching a tire, and storage
 | *Students will be skilled at…** Using applicable safety rules

* How to adjust the bike to fit their body
* Proper technique of a mountain bike and what kind of terrain to use them on
* Maintenance of bikes
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| **Stage 2 – Evidence** |
| **Evaluative Criteria** | **Assessment Evidence** |
| Participation/Sportsmanship | PERFORMANCE TASK(S): * Daily Grade based on Department established Rubric.
* Daily Fitness component towards Fitness-gram improvement
* Improvement of Skill level through tasks, skills, and student led games
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| Written Assignments | OTHER EVIDENCE:* Written assignment on skills, rules, and impact on overall wellness
* Design a route for future use.
* Write a weekly journal of how it feels and helps scholars improve stress management
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| **Stage 3 – Learning Plan** |
| *Summary of Key Learning Events and Instruction*

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| ***DAY 1*** | ***DAY 2*** | ***DAY 3*** | ***DAY 4*** |
| Intro to Mountain Biking* History of Mountain biking in the world
* Types of bikes and their use
* Body alignment
* Use of brakes and gears
* Safety rules for road & course riding
* Short ride

Review etiquette and personal and social responsibilities.Health/skill Related Fitness ComponentsDiscuss/handouts community resources for…... Area Gyms, YMCA, rec centers, neighborhood possibilities) | * Review Day 1
* Area courses for mountain biking
* Maintaining the bike
* Short ride
 | * Review Day 1 & Day 2
* Discuss the connection between mind/ body/ soul and participation in biking
* Give examples of area trails
* Ride to Tryon Park
 | * *Review Days 1, 2, & 3.*
* *Ride the course to Ellison Park ,Tryon Park, or Cobbs Hill*
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| ***DAY 5*** | ***DAY 6*** | ***DAY 7*** | ***DAY 8*** |
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