* **East Physical Education**

UNIT: MOUNTAIN BIKING

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| **Stage 1 Desired Results** | | |
| ESTABLISHED GOALS  Standard 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? |
| ***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 |
| **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 | |
| 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 | |
| **Stage 3 – Learning Plan** | | |
| *Summary of Key Learning Events and Instruction*   |  |  |  |  | | --- | --- | --- | --- | | ***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 Components  Discuss/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* | | ***DAY 5*** | ***DAY 6*** | ***DAY 7*** | ***DAY 8*** | |  |  |  |  | | | |