

OLYMPIC UNIT PLAN

- I. Unit Justification:
 - Developmental appropriates of unit: This unit develops students understanding of the Winter Olympic Games. This unit will help the students learn Olympic sporting events. It also allows the students to use different motor skills to complete the tasks.
 - Justification of unit as part of physical education curriculum: This unit is a great learning experience for the students. They were able to participate and learn about the Winter Olympics. The activities included in this unit allows the students to use all their motor ability skills to complete and accomplish the tasks.

- II. NASPE Standards: The Olympic Unit covered 1, 2, 5, 6, & 7 of the NASPE Standards.

- III. Application to other content areas: The Olympic Unit gave the students a chance to learn and understand other countries as well as learn activities that relate to other countries.

- IV. Behavioral Objectives:
 - Knowledge
 - 1) The students will learn how to use different motor movements for each of the different tasks.
 - 2) The students will learn and understand about the Winter Olympic Games.
 - 3) The students will understand the activities of the Winter Olympic Games.
 - Skill
 - 1) The students will be able to use different motor skills to participate in the activities.
 - 2) The students will be able participate in all the activities for the Winter Games.
 - 3) The students will be able to complete all the Winter Olympic Tasks.
 - Value
 - 1) The students will be able to understand the Winter Olympic Games and have some knowledge of the activities in the Winter Olympics.
 - 2) The students will learn to get along and have teamwork with their groups.

V. Description of Class

- Grade level: Kindergarten – Third Grade
- Skill level: Beginners
- Number of Students: 25
- Time of Class: 25 minutes.

VI. Block Outline of Unit

DAY ONE	DAY TWO	DAY THREE
Warm-up (Olympic Opening Ceremony)	Warm-up (Torch Relay)	Warm-up (Torch Relay)
Skills Taught (Stations: Motor Ability)	Skills Taught (Relays: Motor Ability)	Skills Taught (Stations: Motor Ability)
Activity (Stations)	Activity (Relay Race)	Activity (Stations)

VII. Out-of-Gym Lesson

I will take the students ice rink where they can learn how to skate on the ice as well as learn to play hockey on the ice.

WRITTEN TEST

1. Facedown on a small medal sled and headfirst down the track at speeds of 80mph. _____
2. Game is played on ice and the point of the game is to slide your 42-pound stones closes to the target. _____
3. The biggest, fastest and steepest of the alpine events. Speeds of more than 75mph are reached. _____
4. Skating around an arena trying to get the fastest time. A clock is use to time the skater. _____
5. Teams of four or two people race down the 1300-meter long ice track going speeds of 95mph. _____
6. A game played on ice using a hockey stick and a puck.

7. A sport that uses skateboarding moves on the snow.

8. More than a dozen events using different styles of skiing and different distances from 1.5km to 50km. _____

SKILLS TEST

Station One:

Skeleton Position

Skeleton once around track

Station Two:

Ice Hockey position

Dribble puck with hockey stick

Station Three:

Downhill skiing Position

Ski around cones

Station Four:

Speed Skating Position

Speed Skate down to cone and back

Station Five:

Curling Position

Push puck toward targets

Station Six:

Snowboarding Position

Snowboard down to line and back