

Track & Field Unit Plan - (3 Days)

- I. Unit Justification:
 - Developmental appropriateness of unit: This unit gives the students a better understanding of the different track & field events as well as a better understanding of where the event came from.
 - Justification of unit as part of PE Curriculum: This unit provides the students with the opportunity to learn and participate in different track & field events. This unit is also a great way to encourage and increase physical fitness.

- II. NASPE Standards: 1, 2, 3, 4, 5, 6, & 7

- III. Application to other content areas: This unit is a great way to introduce the students to geography as well as history. The students learn about each country and the different track & field events that originated in that country. The students then choose the event in which they want to participate for the Greek Olympics Track & Field Day.

- IV. Behavioral Objectives:
 - Skill:**
 - The students will be able to successfully master the proper form and technique for three field events, the javelin, shot put, and discs.
 - The students will be able to successfully master the proper form and technique for three track events, the hurdlers, baton exchange relay, and long distance events.
 - The students will be able to successfully compete in a mini track event.
 - Knowledge:**
 - The students will have a better understanding of the types of events that are in the field events.
 - The students will have a better understanding of the types of events that are in the track events.
 - The students will have a better understanding a track meet and will be able to participate in one.
 - Value:**
 - The students will have a better understanding and will have successfully mastered six track and field events, which will give them a better understanding of track and field.
 - Track and Field is a life long fitness activity in which the students can participate throughout life.

- V. Description of Class:
 Grade Level: 6th - 8th graders
 Expected skill level: Beginners
 Number of Students: 25 – 30 Students
 Time of Class: 40 minutes

VI. Block Outline:

Day One	Day Two	Day Three
Warm – Up: Stretching/Jogging	Warm-up: Stretching/Jogging	Warm-up: Stretching/Jogging
Skills Taught: 6 th Grade – Blue & Gold 7 th Grade – Six stations 8 th Grade – Six Stations	Skills Taught: 6 th Grade – Gold & Blue 7 th Grade – Six Stations 8 th Grade – Six Stations	Skills Taught 6 th Grade – Six Stations 7 th Grade – Five Events 8 th Grade – Five Events
Activity: All Six Stations	Activity: Mini Track Meet (Five Events)	Activity: Mini Track Meet (Five Events)

VII. Out of Gym Lessons:

- Field Trip – The class could take a field trip to watch their high school track meet. The students could see the difference of the actual track and field events.
- Greek Olympics – The students will compete at the last day of the school year in the Greek Olympics. The students will go to the high school and participate against each other in their very own track meet. The students will be learning about the different countries, which will introduce the different track and field events that will take place at the Greek Olympics.

VIII. Assessment of Unit:

- Teacher – Have a skills test and written test at the end of the unit to see if the students understood the information.
- Student – Have the students ask questions at the end of class to provide any clarification on team handball.

TRACK & FIELD SKILLS TEST

- 1.) ____/5 Shot Put (Using proper technique)
- 2.) ____/5 Discus (Using proper technique)
- 3.) ____/5 Hurdlers (Hurdling over five cones)
- 4.) ____/5 Jogging (Five minutes without stopping)
- 5.) ____/5 Relay Baton Exchange (upward sweep)
- 6.) ____/5 Javelin Throw (Using proper technique)

TOTAL SCORE _____/30

Track & Field References

1. www.pe.central.com
2. www.usatrack.org
3. www.pe4u.uk.com
4. www.runjumpnthrow.org

TRACK & FIELD WRITTEN TEST

Name _____ Period _____

True & False Questions

1. T F The men's discus weighs 2 kilograms (4 pounds 6½ ounces)
2. T F The men and women's shot put weighs the same.
3. T F The shot is a ball made of iron or brass.
4. T F The baton is used for relay races
5. T F The shot put should never drop into the palm of the hand.
6. T F Two of the exchanges used when passing the baton are the upward sweep and the sideways sweep.
7. T F A relay race is made up of four sprints of equal distances put together.
8. T F Hurdlers is sprinting while having to clear hurdles of up to 42 inches.
9. T F Races longer than 3,000 meters are considered long-distance events.
10. T F The women's javelin must weigh a minimum of 800 grams.

TRACK & FIELD STUDY GUIDE SHEET

Discus Throw

- The men's discus weighs 2 kilograms (4 pounds 6½ ounces)
- The women's discus weighs 1 kilogram (2 pounds 3¼ ounces)

Javelin Throw

- The men's javelin must weigh a minimum of 800 grams.
- The women's javelin must weigh a minimum of 600 grams.

Shot Put

- A shot put is a ball made of iron or brass.
- Men use a 16-pound shot.
- Women use a 8 pound 14¾ ounce shot.

Relay Races

- A baton is used for all relay races.
- A relay race is made up of four sprints of equal distance put together.
- There are two types of baton exchanges (upward sweep & downward sweep).

Hurdling

- Hurdling is sprinting while having to clear hurdles of up to 42 inches.

Long-Distance Running (Cross-Country)

- Races longer than 3,000 meters are considered long-distance events.