



Physical Education - Grade 8 Unit 3 - Outdoor Adventure

Unit Focus

The goal of this unit is twofold. One: is to provide students the opportunity to build teamwork skills, and utilize those to complete team challenges. The second is to provide students the opportunity to gain an appreciation of various outdoor lifetime activities that differ from mainstream sports. These activities will take place in a variety of locales: in the gym, low ropes course, Bauer Park, hiking trails as well as outdoor field space. The main thing is to get outside and take a break from sports and fitness testing, it's to develop a lifelong appreciation and understanding of how you can have healthy outdoor pursuits.

Stage 1: Desired Results - Key Understandings

Standard(s)	Transfer	
Healthy and Balanced Living Curriculum Framework Physical Education 6-8 • Demonstrates correct technique for a variety of skills in at least two selected outdoor activities. (S1.M18.8) • Demonstrates the ability to accept responsibility for improving one's personal social behaviors and those of others (S4.M1.8a) • Demonstrates the ability to provide encouragement and feedback to peers without prompting from the teacher. (S4.M2.8) • Demonstrates the ability to respond appropriately to participants' ethical and unethical behavior during physical activity by using rules and guidelines for resolving conflicts. (S4.M3.8a) • Demonstrates the ability to cooperate with multiple classmates on problem-solving initiatives including adventure activities, large-group initiatives, and game play (S4.M3.8b) • Demonstrates the ability to independently use equipment appropriately and identifies specific safety concerns associated with the activity. (S4.M5.8) • Demonstrates the ability to analyze the empowering consequences of being physically active. (S5.M1.8b) • Demonstrates the ability to develop a plan of action and make appropriate decisions based on that plan when faced with an individual challenge. (S5.M2.8) • Demonstrates the ability to discuss how enjoyment could be increased in self-selected physical activities. (S5.M3.8a) • Demonstrates the ability to identify and participate in an enjoyable activity that prompts individual self-expression. (S5.M3.8b)	<i>Students will be able to independently use their learning to...</i> T1 Respectfully and responsibly communicate with others from a variety of backgrounds and perspectives. T2 Read, evaluate, and use information from various sources to deepen understanding of impact and decision-making. T3 Analyze risk factors and evaluate the consequences to self and others before taking action.	
	Meaning	
	Understanding(s)	Essential Question(s)
	<i>Students will understand that...</i> U1 Students identify their role in initiating and maintaining reciprocal, mutually respectful and beneficial friendships. U2 People who respect individual rights and roles engage in respectful exchanges that allows others to understand what is being shared. U3 Individuals and groups have the responsibility to identify common rules, and ideas for change based on the greater good. U4 Students demonstrate effective communication which involves active listening, speaking, and recognizing nonverbal behavior. U5 People choose when to demonstrate cooperation, collaboration, compromise and negotiation to build and maintain healthy relationships.	<i>Students will keep considering...</i> Q1 How do I assess a situation? Q2 How can I help my group be productive? Q3 What strategies can I use to help me in this moment? Q4 How can the thinking of others inform my own? Q5 How do we continue to work together even when we disagree?

Stage 1: Desired Results - Key Understandings

- Demonstrates respect for self by asking for help and helping others in various physical activities. (S5.M4.8)

Madison Public Schools Profile of a Graduate

- Decision Making: Make responsible decisions, based on potential outcomes. (POG.4.2)

Acquisition of Knowledge and Skill

Knowledge

Students will know...

K1 how to read a map.

K2 how a compass works.

K3 difference between a daypack and backpacking pack.

K4 leave no trace hiking.

K5 freshwater vs. saltwater fish.

K6 how to identify different types fishing tackle based on their use.

K7 safety rules for ropes course.

K8 the importance of teamwork and communication when working toward a goal.

Skill(s)

Students will be skilled at...

S1 knot tying.

S2 map reading.

S3 compass skills.

S4 casting a fishing pole.

S5 organizing a backpack.

S6 spotting on ropes course.

S7 using teamwork and cooperation to achieve a common goal.