

- **East Physical Education**

UNIT: MOUNTAIN BIKING

**Stage 1 Desired Results**

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| <p><b>ESTABLISHED GOALS</b></p> <p>Standard 1:<br/>Students will have the necessary knowledge and skills to establish and maintain physical fitness, participate in physical activity, and maintain personal health.</p> <p>Standard 2:<br/>Students will acquire the knowledge and ability necessary to create and maintain a safe and healthy environment.</p> <p>Standard 3:<br/>Students will understand and be able to manage their personal and community resources.</p> | <b>Transfer</b>                                                                                                                                                                                                                                                                                                                                                                                        |                                                                                                                                                                                                                                                                                                                                                                    |
|                                                                                                                                                                                                                                                                                                                                                                                                                                                                                | <i>Students will be able to independently follow a bike trail course in order to achieve and maintain a healthy lifestyle.</i>                                                                                                                                                                                                                                                                         |                                                                                                                                                                                                                                                                                                                                                                    |
|                                                                                                                                                                                                                                                                                                                                                                                                                                                                                | <b>Meaning</b>                                                                                                                                                                                                                                                                                                                                                                                         |                                                                                                                                                                                                                                                                                                                                                                    |
|                                                                                                                                                                                                                                                                                                                                                                                                                                                                                | <p><b>UNDERSTANDINGS</b><br/><i>Students will understand that:</i></p> <ul style="list-style-type: none"> <li>• Road and trail safety procedures</li> <li>• Participation in mountain biking builds strength and endurance</li> <li>• There are various styles of bikes based on the course or training</li> <li>• Participation in outdoor biking improves the mind/ body/ soul connection</li> </ul> | <p><b>ESSENTIAL QUESTIONS</b></p> <ul style="list-style-type: none"> <li>• What safety rules apply to mountain biking?</li> <li>• How can you apply mountain biking into your personal fitness program?</li> <li>• How does mountain biking differ from all other types of biking?</li> <li>• How does mountain biking improve the holistic connection?</li> </ul> |
|                                                                                                                                                                                                                                                                                                                                                                                                                                                                                | <b>Acquisition</b>                                                                                                                                                                                                                                                                                                                                                                                     |                                                                                                                                                                                                                                                                                                                                                                    |
|                                                                                                                                                                                                                                                                                                                                                                                                                                                                                | <p><i>Students will know...</i></p> <ul style="list-style-type: none"> <li>• <i>Bike riding hand signals, preventing accidents</i></li> <li>• Bike Alignment</li> <li>• Using brakes, when to switch gears, seat placement</li> <li>• Off road courses</li> <li>• Tire pressure, lubricating the bike, patching a tire, and storage</li> </ul>                                                         | <p><i>Students will be skilled at...</i></p> <ul style="list-style-type: none"> <li>• Using applicable safety rules</li> <li>• How to adjust the bike to fit their body</li> <li>• Proper technique of a mountain bike and what kind of terrain to use them on</li> <li>• Maintenance of bikes</li> </ul>                                                          |

**Stage 2 – Evidence**

| <b>Evaluative Criteria</b>  | <b>Assessment Evidence</b>                                                                                                                                                                                     |
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| Participation/Sportsmanship | <p><b>PERFORMANCE TASK(S):</b></p> <ul style="list-style-type: none"> <li>• Daily Grade based on Department established Rubric.</li> <li>• Daily Fitness component towards Fitness-gram improvement</li> </ul> |

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|                     | <ul style="list-style-type: none"> <li>Improvement of Skill level through tasks, skills, and student led games</li> </ul>                                                                                                                                                         |
| Written Assignments | <p>OTHER EVIDENCE:</p> <ul style="list-style-type: none"> <li>Written assignment on skills, rules, and impact on overall wellness</li> <li>Design a route for future use.</li> <li>Write a weekly journal of how it feels and helps scholars improve stress management</li> </ul> |

### Stage 3 – Learning Plan

#### *Summary of Key Learning Events and Instruction*

| <b>DAY 1</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    | <b>DAY 2</b>                                                                                                                                               | <b>DAY 3</b>                                                                                                                                                                                                                      | <b>DAY 4</b>                                                                                                                                                   |
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| <p>Intro to Mountain Biking</p> <ul style="list-style-type: none"> <li>History of Mountain biking in the world</li> <li>Types of bikes and their use</li> <li>Body alignment</li> <li>Use of brakes and gears</li> <li>Safety rules for road &amp; course riding</li> <li>Short ride</li> </ul> <p>Review etiquette and personal and social responsibilities.</p> <p>Health/skill Related Fitness Components</p> <p>Discuss/handouts community resources for..... Area Gyms, YMCA, rec centers, neighborhood possibilities)</p> | <ul style="list-style-type: none"> <li>Review Day 1</li> <li>Area courses for mountain biking</li> <li>Maintaining the bike</li> <li>Short ride</li> </ul> | <ul style="list-style-type: none"> <li>Review Day 1 &amp; Day 2</li> <li>Discuss the connection between mind/ body/ soul and participation in biking</li> <li>Give examples of area trails</li> <li>Ride to Tryon Park</li> </ul> | <ul style="list-style-type: none"> <li><i>Review Days 1, 2, &amp; 3.</i></li> <li><i>Ride the course to Ellison Park ,Tryon Park, or Cobbs Hill</i></li> </ul> |

| <i><b>DAY 5</b></i> | <i><b>DAY 6</b></i> | <i><b>DAY 7</b></i> | <i><b>DAY 8</b></i> |
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