

**Physical Education
Unit 17: Snowshoeing**

Essential Understandings	<ul style="list-style-type: none"> ▪ Students will learn the physical and mental benefits of snowshoeing as an alternative activity during the winter months.
Essential Questions	<ul style="list-style-type: none"> ▪ What are the different kinds of snowshoes? ▪ What kinds of terrain can you snowshoe on? ▪ What are the overall benefits of snowshoeing?
Essential Knowledge	<ul style="list-style-type: none"> ▪ Appropriate equipment for snowshoeing includes: adequate hat, boots, and gloves to guard against the elements and heat loss. ▪ The right kind of snowshoe (aerobic, recreational or mountaineering) depends on the target outcome. ▪ <u>Safety</u> <ul style="list-style-type: none"> ○ Practicing good form. ○ Hydrating often to prevent fatigue and cramping. ○ Carrying an emergency kit. ○ Letting someone know where you are going if you are going alone. ○ Following trails if in unfamiliar territory.
Vocabulary	<ul style="list-style-type: none"> ▪ <u>Terms:</u> <ul style="list-style-type: none"> ○ Aerobic snowshoes ○ Recreational snowshoes ○ Mountaineering snowshoes
Essential Skills	<ul style="list-style-type: none"> ▪ Demonstrating the following: <ul style="list-style-type: none"> ○ Upward lift of snowshoe to start each stride. ○ During strides, keep knees and toes pointed forward. ○ Keep back upright and straight while snowshoeing. ○ Focus eyes slightly ahead to survey snow and terrain.

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<p align="center">Related Maine Learning Results</p>	<p><u>Health and Physical Education</u> G. Movement/Motor Skills and Knowledge G2.Movement Skills Students demonstrate a variety of specialized movement skills specific to a game/physical activity while participating in a game/physical activity. G3.Skill-Related Fitness Components Students explain the relationship of skill-related fitness components to specialized movement skills. H. Physical Fitness Activities and Knowledge H4.Physical Activity Benefits Students select and participate in physical activities that address their personal fitness plans and apply the five health-related fitness components. I. Personal and Social Skills and Knowledge I2.Responsible Behavior Students demonstrate responsible and ethical personal behavior while participating in physical activities. I3.Safety Rules and Rules of Play Students predict how etiquette/rules improve games/activities. a. Explain how etiquette/rules contribute to productive participation. b. Predict how modifications to the environment can impact safety during games/physical activities.</p>
<p align="center">Sample Lessons And Activities</p>	<ul style="list-style-type: none"> ▪ Students will demonstrate a correct snowshoeing gait for 15-20 strides
<p align="center">Sample Classroom Assessment Methods</p>	<ul style="list-style-type: none"> ▪ Based upon the ability to dress appropriately and exhibit correct snowshoeing technique
<p align="center">Sample Resources</p>	<ul style="list-style-type: none"> ▪ <u>Other Resources:</u> <ul style="list-style-type: none"> ○ www.redfeather.com

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