



SUBJECT

Physical Education

UNIT IMPLEMENTATION SCHEDULE

It is recommended that unit implementation take place at any time during the school year, especially on or near September 11.

OVERVIEW

This unit is designed for introducing the events of September 11, 2001 to grades K-2 and teaching the physical skills used by first responders. This Guide lays out an approach for students to acquire a deeper understanding of the heroism displayed by real people on 9/11 and the importance of physical health and wellness.

UNIT DESCRIPTION

This unit is designed to increase understanding about September 11, 2001 among elementary school students, grades K-2. This Guide includes ancillary physical education lessons, learning activities and background for teachers. From basic skills that first responders need, to the training that 9/11 heroes used on America's darkest day, this unit will give students a strong foundational understanding of the physical skills needed to be a first responder and the heroism displayed on 9/11.

INSTRUCTIONAL FOCUS

- Demonstrate competence in fundamental motor skills.
- Identify basic health-related fitness concepts.
- Identify the benefits of a physically active lifestyle.

UNIT OBJECTIVES

- All students will:**
- Complete learning tasks to better understand the skills first responders used on 9/11 and continue to use to help in our community.
 - Understand the importance of remembering 9/11 heroes.
 - Sense the emotional impact 9/11 had on the nation.
 - Perceive a personal need to remember 9/11 to honor the fallen heroes.

UNIT LEVEL QUESTIONS

- Essential Question**
What physical skills do first responders need to help others and how did they use these skills on September 11, 2001?
- Guided Questions**
- Can someone tell us what a first responder is?
 - Can anyone share what difference they noticed between balancing with their arms at their sides verses holding them outward?
 - Can anyone tell me why it is important to drink plenty of water?

UNIT LEVEL VOCABULARY

- First Responder
- Running
- Sprint
- Jog
- Yoga
- Balance
- Reflexes

INCLUDED ANCILLARY MATERIALS

- Physical Education Moves Explained

SHAPE AMERICA NATIONAL PHYSICAL EDUCATION STANDARDS

Grade K-2
1.2.1, 1.2.2, 1.2.3, 1.2.4, 1.2.5, 2.2.1, 2.2.2, 2.2.6, 2.2.7, 2.2.9, 2.2.10, 2.2.11

C3 FRAMEWORK FOR SOCIAL STUDIES STATE STANDARDS

- D2.Civ.1.K-2**
Describe roles and responsibilities of people in authority.
- D2.Civ.2.K-2**
Explain how all people, not just official leaders, play important roles in a community.
- D2.Civ.14.K-2**
Describe how people have tried to improve their communities over time.