

THE IDITAROD SHUFFLE

Developed by:

Laura Wright – 2016 Iditarod Teacher on the Trail™

Discipline / Subject:

Physical Education

Topic:

Movement and Form

Grade Level:

4th grade – can be adapted for all grade levels

Resources / References / Materials Teacher Needs:

1. A document camera and laptop to watch the mushing commands video
2. A gym or large area outside

Lesson Summary:

Students will learn Iditarod mushing commands for a sled dog team from 2016 rookie Iditarod musher Larry Daugherty. They will practice those commands in a PE warm-up activity using physical movement in various ways that will increase their heart rate and increase knowledge about how a musher and a sled dog team work together.

Standards Addressed:

The National Association of Sport and Physical Education – NASPE – 4th grade
<http://teachingpe.appstate.edu/naspe-content-standards>

1. Standard 1: Demonstrates competency in motor skills and movement patterns needed to perform a variety of physical activities.
2. Standard 2: Demonstrates understanding of movement concepts, principles, strategies, and tactics as they apply to the learning and performance of physical activities.

Texas State Standards – TEKS – Physical Education – 4th grade

<http://ritter.tea.state.tx.us/rules/tac/chapter116/ch116a.html>

(b) Knowledge and skills

(1) Movement. The student demonstrates competency in fundamental movement patterns and proficiency in a few specialized movement forms. The student is expected to:

- (A) Demonstrate changes in speed during straight, curved, and zig zag pathways in dynamic situations;
- (D) Jump and land for height and distance using key elements for creating and absorbing force such as bending knees, swinging arms, and extending;
- (E) Perform sequences that include traveling, showing good body control combined with stationary balances on various body parts;
- (F) Demonstrate body control in jumping and landing such as land on feet, bend knees, and absorb force;
- (G) Transfer weight along and over equipment with good body control;
- (H) Create a movement sequence with a beginning, middle, and end

Alaska State Standards – Physical Education

<https://education.alaska.gov/tls/schoolhealth/PEStandards.html>

GRADES 3-5 OBJECTIVES

In grades 3-5, students will attain mature motor skills, use movement patterns, learn movement concepts and explore fitness concepts. Personal and social skills are emphasized through cooperative activities and the introduction of modified games.

By the end of Grade 5, students will:

Standard A

Demonstrate competency in motor and movement skills needed to perform a variety of physical activities:

7. Design and perform smooth, flowing sequences of stunts, tumbling, and rhythmic patterns that combine traveling, rolling, balancing, and transferring weight.

Learning Objectives:

1. Students will learn the basic mushing commands for an Iditarod musher and a sled dog team including: gee, haw, whoa, and hike.
2. Students will practice the basic commands in a PE activity.
3. Students will pay attention to proper form in the activity.

Assessment:

1. The teacher will check to see that the student shuffles to the right when the command “gee” is used, and shuffle left when the command “haw” is used.
2. The teacher will check to see that the student makes a proper lunge on one knee when the command “whoa” is used.
3. The teacher will check to see that the student runs in place when the command “hike” is used.
4. The teacher will check to see that the student is using proper form with each movement.

Procedural Activities

1. Students will watch the mushing commands video by 2016 rookie musher Larry Daugherty and discuss the commands and what they mean.
2. In a gym or on a playground, the teacher will stand in front of the students and review the commands.
3. The teacher will demonstrate the movement for each command and its proper form: “gee” means to shuffle to the right, “haw” means to shuffle to the left, “whoa” means to come to a halt and lunge to the floor or ground on one knee, “hike” means to jump up into a jumping jack and run in one place.
4. The students will have to demonstrate that movement as they hear that specific command.
5. Before starting, the teacher should review proper form and safety with the students.

Materials Students Need:

1. Proper PE attire is needed: clothing for movement, running shoes, etc.

Technology Utilized to Enhance Learning:

1. Computer and document camera
2. Watch the mushing commands video from the Teacher on the Trail™ post with 2016 Iditarod rookie musher Dr. Larry Daugherty.

Other Information:

The teacher can make up any movement for the mushing commands in this activity.

Modifications for Special Learners/ Enrichment Opportunities:**Modified:**

The teacher can stand in front of the class to show the movements as the commands are shouted out. Special learners can have a partner work side by side with them to make sure they know the proper movements for each command.

Students with special disabilities should have special movements designed for them and their degree of movement.

Students in a wheelchair can use small hand weights to show the “gee” and “haw” movements from side to side.

Enrichment:

Have students create an educational video sharing what they have learned about Iditarod mushing commands and show how a sled dog team moves together along the trail.

Students can make a vocabulary flipbook showing each command and draw what they look like.