

# THE MAIN EVENT

**Developed by:**

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**Discipline / Subject:**

Physical Education

**Topic:**

Movement, Sportsmanship, and Responsible Personal Behavior

**Grade Level:**

4<sup>th</sup> 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 from the Teacher on the Trail™ post
2. A gym or large area outside
3. 2 or 3 scooters for each sled
4. 2 ropes for pulling each sled
5. 2 or 3 large gym mats on top of each other to make a sled
6. Cones for checkpoints with numbers or names of checkpoints on them

**Lesson Summary:**

Students will practice Iditarod mushing commands for a sled dog team for the Iditarod. They will practice those commands in a PE lesson where they form a sled using scooter, mats, and ropes to pull it around cones representing Iditarod checkpoints. They will use positive communication skills and sportsmanship to work together to maneuver and control the sleds.

## Standards Addressed:

### The National Association of Sport and Physical Education – NASPE – 4<sup>th</sup> 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.
- Standard 5: Exhibits responsible personal and social behavior that respects self and others in physical activity settings.

### Texas State Standards – TEKS – Physical Education – 4<sup>th</sup> 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

(6) Social development. The student understands basic components such as strategies and rules of structured physical activities including, but not limited to, games, sports, dance, and gymnastics. The student is expected to:

(B) analyze potential risks associated with unsafe movement and improper use of equipment.

(7) Social development. The student develops positive self-management and social skills needed to work independently and with others in physical activity settings. The student is expected to:

(D) demonstrate effective communication, consideration and respect for the feelings of others during physical activities such as encourage others, allow others equal turns, and invite others to participate.

### Alaska State Standards – Physical Education

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

#### GRADES 3-5 OBJECTIVES

**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:

##### **Standard B**

Apply movement concepts to the learning and performance of physical activities

##### **Standard E**

Exhibit personal and social behavior that respects self and others in physical activity settings

**Learning Objectives:**

1. Students will practice the basic mushing commands for an Iditarod musher and a sled dog team including: gee, haw, whoa, and hike.
2. Students will pay attention to proper form and safety in the activity.
3. The students will show sportsmanship and exhibit responsible personal and social behavior in their interactions with others.

**Assessment:**

1. The teacher will monitor the sled activity and make sure that students are moving the sled in the appropriate way with the proper command.
2. The teacher will monitor the students for responsible social behavior towards others.

**Procedural Activities**

1. Students can watch the mushing commands video by 2016 rookie musher Larry Daugherty and review 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 teachers will have small scooters, gym mats, ropes, and cones ready for the activity.
4. The cones will be numbered and set around the gym with numbers on them, so that students can follow the route in order.
5. Students will sit in a line and wait their turns for the sled. There are 3 students that make up a sled, and they rotate positions each turn.
6. For a sled, one student is the lead dog and holds ropes in front of the mats. The second student is the musher and sits on the mat and holds the ropes of the lead dog.
7. The third student will be the driver and steer the sled as it moves around the gym.
8. The musher will shout out mushing commands as they move around the gym, and the lead dog will follow the commands correctly.
9. When the musher says "Gee!" the driver helps steer the sled to the right while the lead dog runs to the right. When the musher says "Haw!" the driver helps steer the sled to the left while the lead dog runs to the left. When the musher says "Whoa!" the team comes to a halt.
10. As the teams arrive in Nome, they jump off the sled and another group of 3 students take over.

**Materials Students Need:**

1. Proper PE attire is needed: clothing for movement, running shoes, etc.
2. 2 or 3 scooters for each sled
3. 2 ropes for pulling each sled
4. 2 or 3 large gym mats on top of each other to make a sled
5. Cones for checkpoints with numbers or names of checkpoints on them

**Technology Utilized to Enhance Learning:**

1. Optional: 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 try having races between the sleds and time them with a stopwatch find the winner. The sled in last place can be the Red Lantern winner.

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

Students with special needs should have an assigned job for this activity based upon their physical abilities. They can keep the musher position on the sled with other students rotating the other positions.

**Enrichment:**

Students can take video of the sledding activity. Then they can create a movie with the video or a slideshow with the images. They will share what the mushing commands mean in the Iditarod and how the musher and dog team work together to be safe and successful all the way to Nome.