

MSAD #54 Curriculum

Content Area: Physical Education
Unit: Mountain Biking

Grade: 9-Diploma
MLR Span: 9-Diploma

MLR Content Standard:

G. Movement/Motor Skills and Knowledge: Students demonstrate the *fundamental and specialized movement skills* and apply *principles of movement* for improved performance.

H. Physical Fitness Activities and Knowledge: Students demonstrate and apply fitness concepts.

I. Personal and Social Skills and Knowledge: Students demonstrate and explain responsible personal behavior and responsible social behavior in physical activity settings.

Performance Indicator:

G1. Stability and Force

G2. Movement Skills

G4. Skill Improvement

H3. Fitness Activity

I1. Cooperative Skills

I2. Responsible Behavior

I3. Safety Rules and Rules of Play

Performance Descriptor(s)	MSAD #54 Objectives	Instructional Resources/ Activities/Assessments
<p>G1 Stability and Force</p> <p>Students change their motion and the motion of objects by applying the principles of stability and force to modify their performance in games/physical activities.</p> <p>c. Adjust movements to accommodate external forces that decrease risk for injury.</p> <p>G2. Movement Skills</p> <p>Students demonstrate a variety of <i>specialized movement skills</i> specific to a game/physical activity while participating in a game/physical activity.</p> <p>G4. Skill Improvement</p> <p>Students design appropriate practice sessions, utilizing <i>fundamental movement skills</i> to improve performance.</p> <p>H3. Fitness Activity</p> <p>Students select and participate in physical activities that address their personal fitness plans and apply the five <i>health-related fitness components</i>.</p> <p>I1. Cooperative Skills</p> <p>Students demonstrate collaborative skills while participating in physical activities.</p> <p>a. Include peers respectfully in</p>	<p>Students will:</p> <p>Learn basic bicycling skills.</p> <p>Learn basic bicycle maintenance.</p> <p>Learn safety procedures of the road and trail.</p> <p>Learn safety procedures for bike and helmet fit.</p>	<p>Lesson 1 Parts of bike and proper helmet fit and bike adjustment.</p> <p>Activities: Individualized helmet fit and bike adjustment.</p> <p>Assessment: Demonstration of understanding and formative.</p> <p>Lesson 2 Pre-ride Inspection: ABCQ's Braking and Shifting Lessons Bike Safety</p> <p>Activities: Students familiarize and practice concepts on bike.</p> <p>Assessment: Demonstration of understanding with pre-test.</p> <p>Lesson 3 Rules of the Road and hand signals.</p> <p>Activity: Biking on the road.</p> <p>Assessment: Formative</p> <p>Lesson 4 Trail Riding Rules</p> <p>Activity: Riding on the trails</p> <p>Assessment: Formative and Unit Test</p>

activities.

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. Predict how modifications to the environment can impact safety during games/physical activities.