

# Physical Fitness along the Natchez Trace Parkway



On-site Lesson:  
Traveling the Natchez Trace (code: PE68)

➤ **Grade:**  
6<sup>th</sup>-8th Grade

➤ **Subject Areas:**  
Physical Education

➤ **Setting:**  
Football Field or  
Gymnasium

➤ **Duration:**  
60 minutes

➤ **Skills:**  
Physical Fitness

➤ **TN Objectives:**  
1.1.3, 1.2.1, 3.1.3,  
4.1.1, 5.1.2, 5.1.3

➤ **Vocabulary:**

**Summary:** The students will engage in several physical exercises while using map skills.



**Materials Needed:** 10 poster-boards, 10 Orange cones, Map of the Natchez Trace Parkway

## Instructional Information

**TN Objectives:** 1.1.3 Refine map reading skills in basic orienteering  
1.2.1 Utilize basic locomotor, non-locomotor and manipulative skills in game situations  
1.2.3 Use a map and/or compass in orienteering activities.  
3.1.3 Participate in a physical education class. 3.2.2 Fulfill the minimum requirements for daily physical activity. 4.1.1 Participate in moderate to vigorous physical activity in the physical education setting. 5.1.2 Cooperate respectfully with peers of a diverse population. 5.1.3 Make responsible decisions when applying rules, procedures, and etiquette.

**Learning Objectives:** The students will be able to: Participate in various exercises and review basic map geography.

**Teacher Set:** The students will engage in a number of different basic physical exercises such as jumping jacks, push-ups, jogging, skipping, crunches, etc.

**Teacher Overview:** The teacher should know how to execute the variety of exercises that are listed: jumping jacks, push-ups, jog, skip, crunches, lunges, crab crawl, arm swings. The teacher should label the poster-boards as indicated on the “Teacher Information” sheet.

**Student Instruction:** By using the map of the Natchez Trace Parkway, the students will help the teacher construct a proportional model of the map on the football field or floor of the gymnasium. They will then use this map as a type of obstacle course for physical activity.(see diagram)

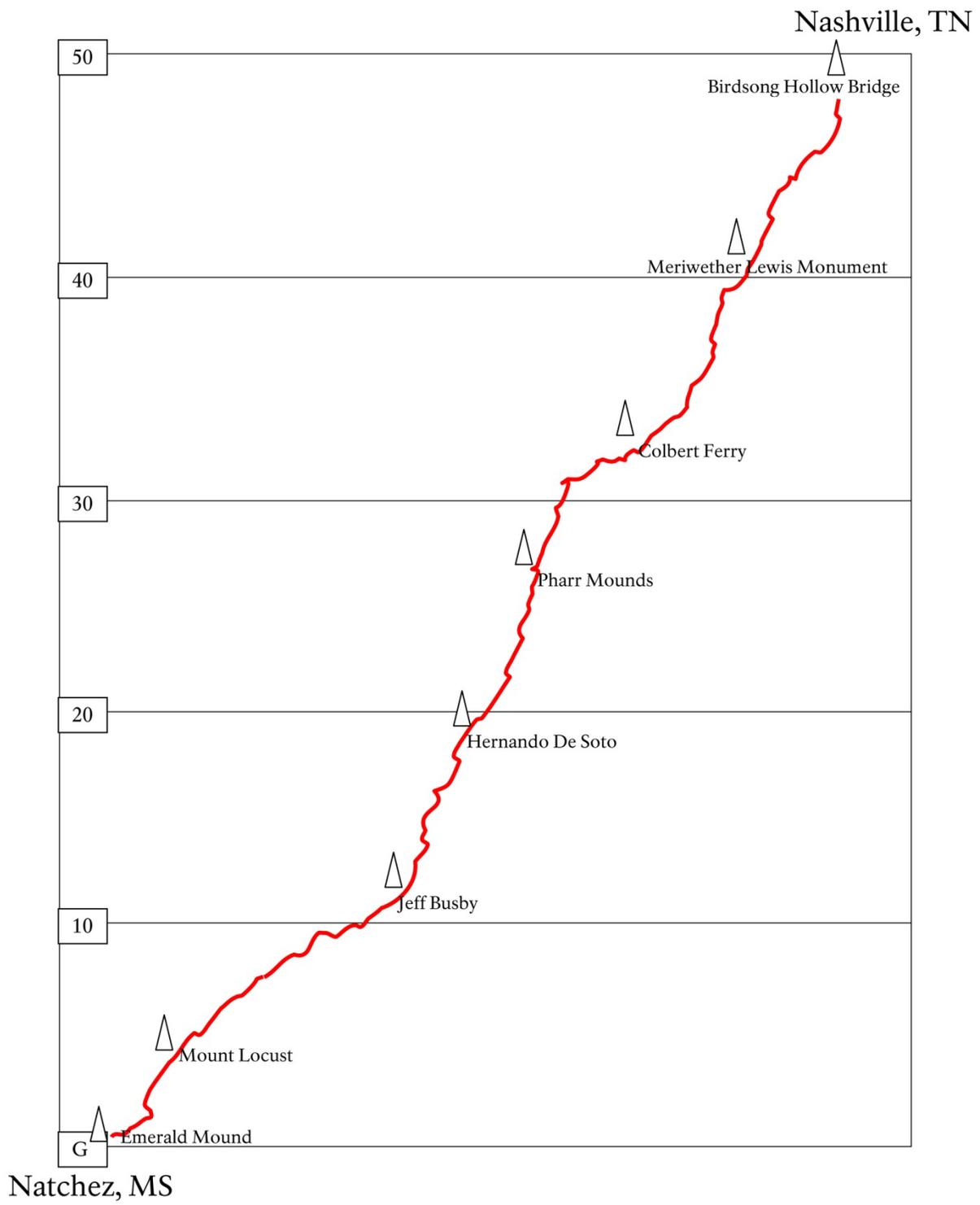
**Student Task:** The students will help the teacher make a proportional model of the Natchez Trace Parkway and use the orange cones to mark off the correct locations for the sites along the Natchez Trace given to them by the teacher. The teacher will then take the labeled poster-boards and place them down at the appropriate locations on the model that has been created. The teacher will inform the students that the end-zone is Natchez, MS and past the 50 yard-line, if a football field is being used, is Nashville, TN. The students should be informed that their goal is to “travel the Natchez Trace” from Natchez to Nashville while performing the task displayed on each poster-board.

**Teacher Closure:** The teacher can inform the students about the importance of routine exercise and explain that the exercises they just completed can be done at their own home. Challenge the students to exercise everyday and live a healthy active lifestyle.

**Student Assessment:** The students will be evaluated on their participation in the construction of the model as well as participation in the physical activity.

**Suggestions for re-teaching:** The teacher may decide to use a map other than the Natchez Trace Parkway. It could be done with a map of the United States and the stations be different cities in the U.S.

**Extension:** The teacher may want to time the students as they go through the course and award prizes to the students who “travel the Natchez Trace the fastest”.



# Teacher Information

## Poster-Board Examples

### Pharr Mounds

Do 20 crunches

Move on to Colbert Ferry

### Colbert Ferry

Do Lunges to Hernando De Soto  
and back

Move on to Meriwether Lewis Monument

### Meriwether Lewis Monument

Crab Walk to Colbert Ferry and back

Move on to Birdsong Hollow Bridge

### Birdsong Hollow Bridge

Do 10 Arm Swing and 10 Reverse  
Arm Swings

To Nashville!!!

## Teacher Information

### Poster-Board Examples

#### Emerald Mound

Do 15 Jumping Jacks

Move on to Mount Locust

#### Mount Locust

Skip To Pharr Mounds and Back

Move on to Jeff Busby

#### Jeff Busby

Do 10 Push-Ups

Move on to Hernando De Soto

#### Hernando De Soto

Jog Straight to Natchez and Back

Move on to Pharr Mounds