

Physical Fitness along the Natchez Trace Parkway



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

- ▶ **Grade:**
6th-8th Grade
- ▶ **Subject Areas:**
Physical Education
- ▶ **Setting:**
Football Field or
Gymnasium
- ▶ **Duration:**
60 minutes
- ▶ **Skills:**
Physical Fitness
- ▶ **AL Objectives:**
6th Grade- 1, 7, 13
7th Grade- 1, 2, 9, 15
8th Grade-1

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

AL Objectives: Sixth Grade-1. Apply the critical elements of opposition, balance, weight transfer, and fluid movement patterns for all manipulative and non-locomotor skills in game situations. 7. Identify factors that affect physical activity and exercise preferences of participants. 13. Identify safety concerns for physical activities.

Seventh Grade- 1. Apply critical elements for all locomotor, non-locomotor, and manipulative skills in modified game situations. 2. Demonstrate striking skills in modified versions of sport and recreation activities. 9. Identify cardiovascular endurance, muscular strength, muscular endurance, speed, power, and agility as the components of

fitness. 15. Categorize games, sports, and recreational activities by themes.

Eighth Grade- 1. Demonstrate competence in a variety of activities.

Learning Objectives: The students will be able to complete 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

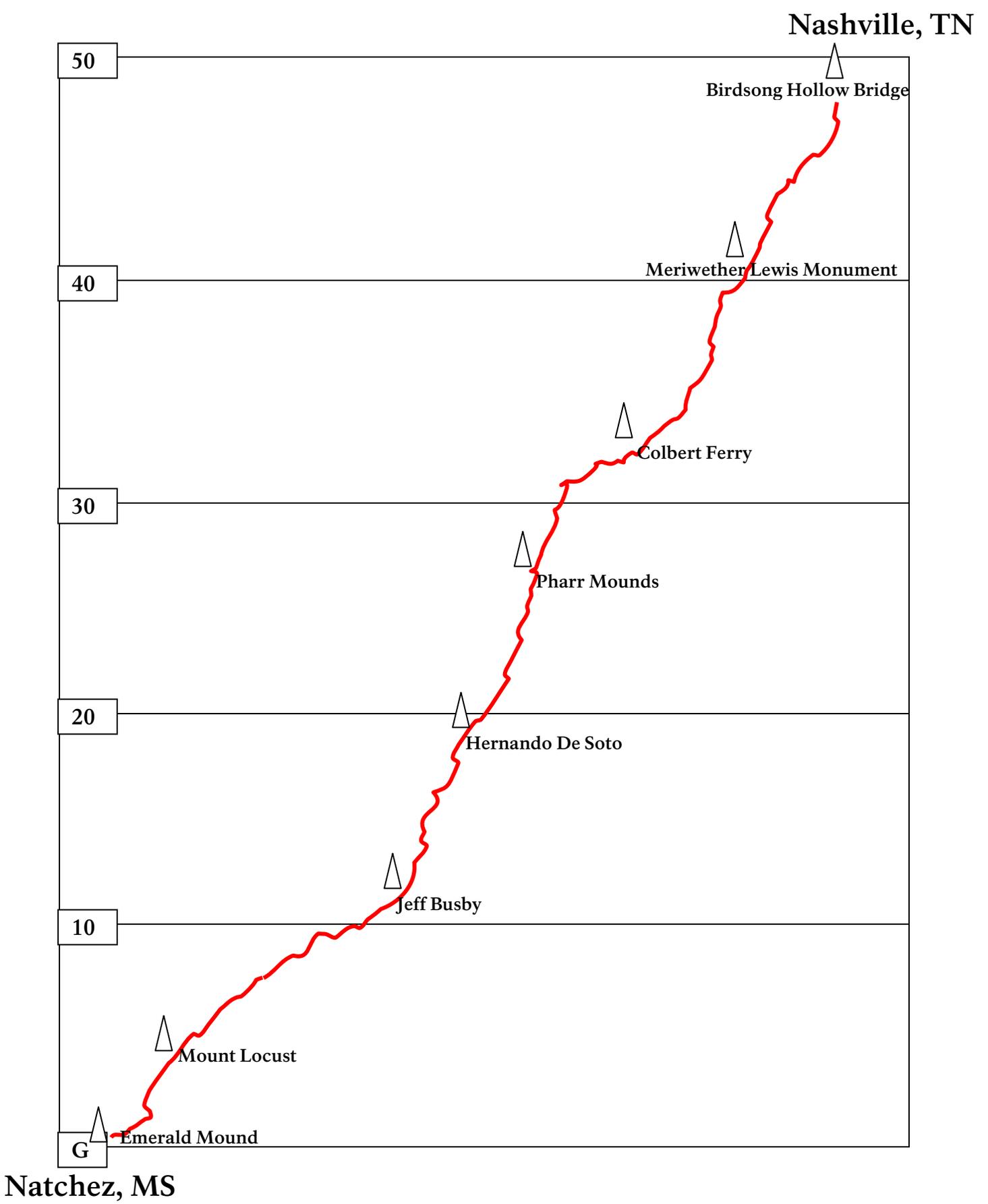
Natchez Trace” from Natchez to Nashville while performing the task displayed on each poster-board.

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

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

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!!!