

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
- ▶ **MS Objectives:**
6th Grade- 1bc, 2c, 3ab,
5abcd, 6a
7th Grade- 1a, 5abcd, 6a
8th Grade-3ac, 4a, 5a,
6ab

Summary: The students will engage in several physical exercises using map skills and pretending they are traveling the Old Trace.



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

Instructional Information

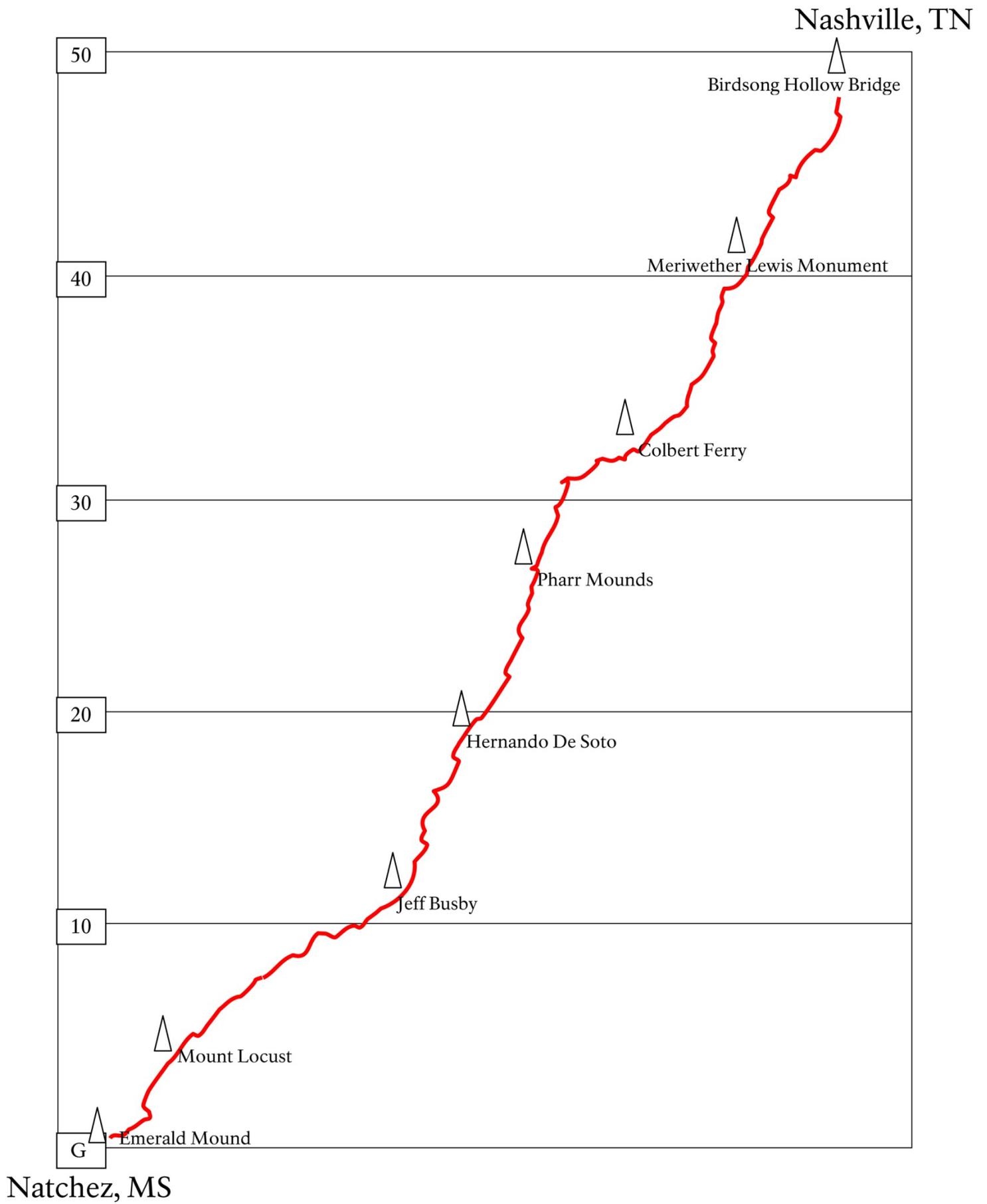
MS Objectives: Sixth Grade-1b. Practice a rhythmic activity. c. Create sequences that combine different patterns of movement skills. 2c. Discuss concepts that impact the quality of proper practice techniques. 3.a. Participate in physical activities in and out of the school's physical education setting. b. Participate in moderate to vigorous physical activity on a regular basis. 5.a. Follow rules and procedures and display sportsmanship while participating in physical activities. b. Practice responsible decision-making during specific activities. c. Demonstrate concern for safety of self and others during physical activities. d. Appropriately handle conflicts that may arise during a physical activity. 6.a. Engage in physical activities that provide challenge. Seventh Grade- 1.a. Demonstrate competency of movement skills while participating in team and individual sports. 5.a. Follow rules and regulations and respect others. b. Understand the importance of safety for self and others, as well as proper use of equipment during physical activities. c. Work cooperatively with others regardless of personal differences. d. Use positive peer interaction to enhance personal physical activity. 6.a. Use the physical activity setting as an opportunity to improve social skills (i.e., self expression, social interaction, etc.). Eighth Grade- 3.a. Participate in games, sports, dance, and/or other activities in a variety of settings. c. Participate and apply basic muscular strength and endurance principles and safety practices both inside and outside of school. 4.a. Apply each health-related fitness component (i.e., muscular strength, endurance, flexibility, body composition, aerobic fitness). 5.a. Exhibit characteristics of a positive role model. 6.a. Express enjoyment while participating in physical activities. b. Engage in physical activities that provide challenge, problem solving, decision-making and risk taking.

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.

Teacher Information Sheet:



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

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”.