**Assignment #6-B: Lesson Development – 1 Week Mile Intervention Unit**

The text I selected was *1001 Motivational Messages and Quotes for Athletes and Coaches* by Bruce Brown from his “Teaching Character Through Sport” series. The main idea of the book is that sports (which we play in P.E.) are mediums of great opportunities to teach character values to young people.

In my previous assignment I designed practice plans for my basketball team and so in this lesson plan I will switch to my teaching position as 7th grade P.E. teacher and incorporate these same teaching character skills into my curriculum for our 2 week mile intervention unit.

The students who are in this unit, are placed by their teacher because their cardiovascular fitness level is in the lowest 30 percentile. This means if there average peer is running an 8 minute mile they are over a 10 minute mile. These students come to me usually not happy about it, some are unmotivated others are severely obese and are trying and so what a better unit to offer some encouragement and teach some of life’s important character lessons in the process.

**Day 1 – Retest the mile**. They have already run a low score, but they have an opportunity to test out of the unit if they can hit a certain benchmark. If I have on average 20 students for this unit, on average about 4 will hit it and test out. They performed poorly prior to this due to half-effort, not wanting to change, or barely missing it. The remaining 16 students will be my core group that I get to invest in and see them achieve and succeed what they never thought possible.

**SCHEDULE**

8:10-8:15 – Dress Out

8:15-8:20 – Warm-Up

8:21-8:25 – Walk down to the Track

8:26-8:30 – Give them the Character Theme of the Day\*

**\*DAY 1 THEME: Confidence**

I will explain what it is, why it’s valuable to have it, and a chance to show it or prove it on the 1st day of running the mile in this new unit. You have a chance to test out today. It does not matter what you have done before today, give it your best, believe that you CAN accomplish it and if you fail, who cares? That’s why we are here to get better. Then I will share the quote for the day.

Quote: “Valor and confidence grow by being daring;

Fear and failure by holding back.” – Unknown (Brown p.121)

After I read the quote, I will explain it and show them how what they are about to do in this P.E. class relates to real life and how they have an opportunity to grow in “Confidence”.

8:31-8:45 – All students run and complete mile (trying their best not to walk) and record times with Mr. Rayburn’s TA.

8:46-8:50 – Walk back to gym and return to teacher for Self-Assessment

8:51-8:53 – Check in with teacher

8:54-8:58 – Change clothes and wait for bell to dismiss

**Day 2 – Work on Pacing Techniques**: Most students their age run too hard the first lap, lactic acid kicks in and then they get discouraged and give up running and walk the rest of the mile securing a terrible time. Today’s skill emphasis will work on helping them pace themselves and their Goal is to run two laps the exact same time. For example, if they ran their first lap in 1:30 yesterday, but then died towards the end, their goal is to shoot to run a 2:00 first lap and then replicate that for a second lap. Today’s workout is only the 800 meters with similar time splits each lap and then rest and do one more at the same pace, so that they get a feel for how it should feel (students can also self-correct if they went too slow or too fast in the 800 meter portion. The third lap gives them one more chance to practice).

**SCHEDULE**

8:10-8:15 – Dress Out

8:15-8:20 – Warm-Up

8:21-8:25 – Walk down to the Track

8:26-8:30 – Give them the Character Theme of the Day\*

**\*DAY 2 THEME: Work Habits**

I will explain how working hard does not come naturally. I will show them how preparation helps you achieve success. You have a goal of improving your mile time and getting out of this unit. It will not just happen, but if you give your best effort and focus on the details, you will achieve success.

Quote: “Because a thing seems difficult for you, do not think it is impossible for anyone to accomplish. But whatever is possible for another, believe that you too are capable of it.” – Marcus Aurelius Antoninus (Brown p.61)

After I expound on the truth behind the quote that they WILL be able to do this if they are willing to work at it, then I will get them ready for the workout.

8:31-8:45 – Students will have completed their two lap – same split workout and then rest. They will finish with their 3rd lap and record times with TA.

8:46-8:50 – Walk back to gym and return to teacher for Self-Assessment

8:51-8:53 – Check in with teacher

8:54-8:58 – Change clothes and wait for bell to dismiss

**Day 3 – 400 meter repeats**: Most students have not felt the thrill of running. This workout will have them running 400 meter hard at 70-85% and then resting for 90 seconds in between. This is plenty of time for their age group. I will push them to do 6X400 meter repeats. This is 2 more laps than they need for the mile, but running them harder than the pacing laps, will increase their aerobic capacity and get them ready to break their mile records. I will do a few with them today, clapping them on, encouraging them. My TA will be taking times and letting them know if they need to pick it up a bit. This is a loud and vocal workout. I will be blaring tunes the whole time!

**SCHEDULE**

8:10-8:15 – Dress Out

8:15-8:20 – Warm-Up

8:21-8:25 – Walk down to the Track

8:26-8:30 – Give them the Character Theme of the Day\*

**\*DAY 3 THEME: Enthusiasm**

Students will learn how I can encourage them but they must motivate themselves from within. Running may not be there favorite activity, but here is a chance to go all out and achieve something, but they must want it or it will not happen. I will be clapping and giving loud encouragements today.

Quote: “Success is not the result of spontaneous combustion. You must set yourself on fire.” – Reggie Leach (Brown p.43).

8:31-8:45 – Students will run a lap (400 meters) and then rest for 90 seconds. They will do this 6 times and TA’s will chart each time their chart.

8:46-8:50 – Walk back to gym and return to teacher for Self-Assessment

8:51-8:53 – Check in with teacher

8:54-8:58 – Change clothes and wait for bell to dismiss

**Day 4 – Competition Day Ultimate Frisbee and Capture the Flag**: Giving the students a “break” from running on a track will boost their morale and get them running without thinking about it as they chase an opponent, a disc, or a flag. This will be a mental break and prep them for tomorrow’s final mile trial.

**SCHEDULE**

8:10-8:15 – Dress Out

8:15-8:20 – Warm-Up

8:21-8:25 – Walk down to the Track

8:26-8:30 – Give them the Character Theme of the Day\*

**\*DAY 4 THEME: Competition**

Students will learn the inherent value of competition. It is a joy, whether they win or lose to go out and compete, to test themselves and their abilities. They will see the field of battle as a place that brings new desires and frustrations to the surface and learn how to process through them during and after the competition.

Quote: “Do you know what my favorite part of the game is? The opportunity to play. It’s as simple as that. God, I love that opportunity.”

– Mike Singletary, Linebacker, Chicago Bears.

8:31-8:45 – Students will play a game of their choice either Capture the Flag or Ultimate Frisbee. The only rule is that they must be running the entire time. Capture the Flag is modified to 20 Jumping Jacks gets you out of jail. This encourages more attacking and more running. There are 2 safety spots in enemy territory but you only get 10 seconds before you have to leave again.

8:46-8:50 – Walk back to gym and return to teacher for Self-Assessment

8:51-8:53 – Spotlighting Session – highlighting kids who competed well.

8:54-8:58 – Change clothes and wait for bell to dismiss

**DAY 5: Final Mile Test:** Same Schedule. **THEME: Courage** Quote on p.65.

Students will know what it means to be prepared and not afraid to try or fail!