

LESSON PLAN

OBJECTIVES

Physical Education, Mathematics, Social Studies

- Create a desire for students of all ages to participate in activities which promote a healthy lifestyle (Idea courtesy of Joy Wisniewski, Eastwood School.)
- Develop Social Studies skills by learning map-reading. To learn to use coordinates to find North Battleford
- Research the natural resources of the area
- Determine the lifestyles of the population based on research (occupations, recreation etc.)
- Compare North Battleford with Edmonton - size as well as lifestyles, etc.
- Learn the math skills of graphing, measuring and keeping a tally.

MATERIALS

- Maps of Alberta and Saskatchewan
- At least one piece of large chart paper.
- Graph paper

ANTICIPATORY SET

Discuss Alex Decoteau's fame as a runner. Where did he go to school? (At the North Battleford Residential School). How far is North Battleford from Edmonton? By walking or running each day, would it be possible for students to equal this distance?

PROCEDURE

Use maps to measure the distance between North Battleford and Edmonton. Discuss the terrain. For instance, are there many hills? Notice that the North Saskatchewan River runs through both Edmonton and the Battlefords.

Have students start out walking or jogging around the gym. Measure out a distance of 1 km, either in the gym (laps), or outside.

Attach a large piece of lined paper to a door or bulletin board. List the names of all participating students.

Each day have the students run or walk laps, and record the number of kilometers they cover. Also have the students record their daily laps so they will learn to keep a tally.

The goal is to work together, so that all the laps by all the students add up to the distance between North Battleford and Edmonton. The results can also be graphed.

CLOSURE

Talk about the benefits of physical education. Talk about the impact Alex Decoteau's running skills had on his own life. Talk about the ways in which he inspired others.

EVALUATION

Did the students "make it to North Battleford?" Can they read maps? Do they understand the benefits of physical fitness? Would they like to do a similar activity?

MODIFICATIONS FOR STUDENTS WITH SPECIAL NEEDS

Students can walk or run. Students can be assisted, if in wheelchairs. All students go at their own pace, with assistance, if necessary.