

Ch. 16 Strategies for Active Living

Leon High School

Physical Education Department

LESSON

1

Opportunities in Physical Education

Can You . . .

- **. . . list the five characteristics of a physically literate person?**
- **. . . identify the four components of high-quality physical education?**
- **. . . describe three of the top 10 reasons high-quality physical education is needed?**
- **. . . describe several approaches to delivering physical education?**

What are the five characteristics of a physically literate person?

A Physically Literate Person

- **Participates regularly in physical activity**
- **Is physically fit**
- **Has learned skills necessary to perform a variety of physical activities**
- **Values physical activity and its contribution to healthy living**
- **Knows the implications and benefits of being involved in physical activities**

Adapted from SHAPE America.

What are the four components of high-quality physical education?

High-Quality Physical Education

- **Opportunity to learn**
- **Meaningful content**
- **Appropriate instruction**
- **Student and program assessment**
- **Visit the website of SHAPE America for more details.**

What are some reasons why high-quality PE is needed in schools?

Top 10 Reasons for High-Quality PE

- 1. Regular physical activity helps prevent disease.**
- 2. Regular physical activity promotes lifetime wellness.**
- 3. High-quality physical education provides unique opportunities for activity.**
- 4. High-quality physical education helps fight obesity.**
- 5. High-quality physical education helps promote lifelong physical fitness.**

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Top 10 Reasons for High-Quality PE *(continued)*

- 6. High-quality physical education teaches self-management and motor skills.**
- 7. High-quality physical education and regular physical activity promote learning in other academic areas.**
- 8. High-quality physical education and regular physical activity make good economic sense.**
- 9. High-quality physical education is widely endorsed.**
- 10. High-quality physical education helps educate the total person.**

Adapted from Le Masurier and Corbin 2006.

What are some approaches to delivering physical education programs?

PE Program Approaches

- **Fitness education**
- **Sport education**
- **Adventure education**
- **Outdoor education**
- **Cooperative education**
- **Dance education**

Fitness Education

- **Focuses on teaching fitness and activity concepts and learning self-management skills that can help you be active for a lifetime**
- **Involves classroom study and activity participation**
- **Fitness education can be mixed in a variety of units or taught as an independent class**

Sport Education

- **Makes playing sport fun, interesting, and authentic.**
- **Students participate as teams for a season.**
- **Team members play different roles such as coach, fitness trainer, statistician, publicist, equipment manager, scout, scorekeeper, or referee.**

Adventure Education

- **The goals of adventure education are trust building, problem solving, and enhancement of self-confidence.**
- **Challenging recreational activities are rock climbing, orienteering, boating, rafting, and ropes courses.**
- **Used in camp settings, recreational programs, and programs designed to train business executives.**

Outdoor Education

- **Education occurs in an outdoor classroom.**
- **One type of outdoor education is adventure education that is conducted outside.**
- **Some schools conduct camps where students participate for several days and learn in outdoor settings.**

Cooperative Education

- **Use teams to help students learn cooperation, have fun, and overcome challenges.**
- **Focus on working together in teams rather than competing or winning.**
- **Help people get to know each other (through icebreakers) and build trust.**

Dance Education

- **Focuses on teaching various forms of dance both in and out of school.**
- **Dances are often associated with different cultures.**
- **Examples include ballroom dancing, Latin dancing, social dance (square dancing), hip-hop, Irish, African, Zumba.**

LESSON

2

Strategy and Tactics

Can You . . .

- . . . define *strategy* and provide examples that relate to physical activity and healthy lifestyle choices?
- . . . define *tactic* and explain its role in implementing a strategy?
- . . . explain the five steps for planning strategy and tactics?

**What is the difference between
strategy and tactics?**

Strategy and Tactics

- **Strategy is a master plan for achieving a goal.**
 - Strategy: A team emphasizes a defense for a basketball game.
- **Tactics are a specific method for carrying out a strategy.**
 - Tactics: Use full-court press often, double-team scoring threats.

What are some examples of strategies that relate to physical activity or healthy lifestyle choices?

Strategy and Tactics in Your Life

Situation	Strategy example	Tactic examples
Healthy eating Person consumes more calories than expended each day.	Eat less food with empty calories.	Remove food with empty calories from house. Learn to say no. Eat healthy snacks. Avoid buying food from vending machines.
Physical activity Person does not meet national activity guidelines.	Prepare a written physical activity plan.	Follow the five steps for writing a plan. Log daily activity.
Managing stress Person has too many things to do and not enough time to do them.	Reduce commitments and spend more time on important things.	Self-assess current time use. Rank current commitments from high to low importance. Focus on high-importance commitments. Learn to say no to unimportant commitments.

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Strategy and Tactics in Your Life (*continued*)

Situation	Strategy example	Tactic examples
Playing a team sport Person's intramural team wants to do well in the soccer league.	Focus on defense.	Assign more players to defense. Use zone defense because some players lack skills. Use long defensive kicks to clear ball and reduce shots on goal.
Preventing back pain Person wants to reduce risk of back pain.	Focus on good posture in standing, sitting, and moving.	Assess current posture and core fitness. Perform core exercises. Practice good posture.

What is the role of tactics in implementing a strategy?

Role of Tactics in Strategy Implementation

- **Tactics are the methods you use to implement or execute a strategy.**
- **Tactics are the specific actions you take to execute a strategy.**

What are the five steps for planning strategy and tactics?

Five Steps in Planning Strategy and Tactics

- 1. Use existing information.**
- 2. Collect new information.**
- 3. Prepare a plan.**
- 4. Include tactics in your plan.**
- 5. Practice.**

Step 1: Use Existing Information

- **Read books and articles about the strategies that have been used in your chosen sport or activity.**
- **Consult with experts.**
- **Use your knowledge from experience.**

Step 2: Collect New Information

- **Conduct a self-assessment of your strengths and weaknesses (for planning a sport performance) or of your personal needs (for planning a lifestyle change).**
- **Assess your opponent's strengths, weaknesses, and tendencies.**

Step 3: Prepare a Plan

- **Create a written plan based on your information.**
- **Your plan will include a strategy.**
 - Sport example is offensive strategy.
 - Lifestyle example strategy is to eat more fruits and veggies.

Step 4: Include Tactics in Your Plan

- **Offensive strategy in basketball**
 - Tactics: to transition quickly and use picks to open up shooting lanes for 3-pointers
- **Strategy to eat more fruits and veggies**
 - Tactics: buy more fruits and veggies, pack mostly fruits and veggies for lunch

Step 5: Practice

- **Practice your tactics.**
- **Evaluate your progress.**

Group Activity 1

- 1. Read each Strategy and Tactics case study.**
- 2. Answer the questions.**
- 3. Be prepared to discuss your answers with the class.**

Group Activity 2

- 1. Read the Taking Charge feature:
Developing Tactics.**
- 2. Answer the For Discussion questions.**
- 3. Be prepared to discuss your answers with
the class.**

Taking Charge: Developing Tactics

- **For Discussion:**

- Is the friends' strategy a good one for people in their situation?
- What other strategies might they have considered?
- What tactics should they consider to carry out their strategy?
- How can they best recruit other team members, get the most pledges, and arrange for the details of the event?

**What are some skills for
developing tactics?**

Skills for Developing Tactics

- **Plan your strategy. Plan tactics after.**
- **Learn about and list available tactics.**
- **Collect information about yourself (or your team or group).**
- **Collect information about others who are involved.**
- **Choose the best tactics.**
- **Commit. Once you've decided, commit to your strategy and tactics.**