



USA Nordic Physical Education Recruiting Program

Grade Level: 1st – 6th Grade

Subject: Physical Education

Prepared By: _____

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| <p>Overview & Purpose:</p> <p>The USA Nordic Physical Education Recruiting Program teaches youth what Ski Jumping and Nordic Combined are and shows the skills necessary to be a healthy, well-rounded, athlete by building strength, balance, agility, and technique.</p> | <p>Education Standards Addressed</p> <ul style="list-style-type: none"> • Demonstrate competency in a variety of motor skills and movement patterns • Recognize exercises from previous knowledge and recognize new exercises • Recognizing some exercises are more difficult than others • Recognize that learning something new can be challenging, but practice and effort can lead to success • Identify the overall benefits of participation in physical activity |
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| Teacher Guide | | |
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| <p>Objectives (Specify skills/information that will be learned.)</p> | <ul style="list-style-type: none"> • Learn about the sport of ski jumping/Nordic combined • Learn that preparing your body for exercise/sports makes you stronger • Learn how to do a warm-up routine • Learn new exercises/practice known exercises | <p>Materials Needed</p> <ul style="list-style-type: none"> • An open space (outside if possible) for students to practice exercises • Tennis shoes/comfortable clothes • Set of stairs • Optional: jump rope, masking tape/sticks for barrier jumps |
| <p>Information (Give and/or demonstrate necessary information)</p> | <ul style="list-style-type: none"> • Watch the education video (this may be done in sections depending on time available and if you want students to complete all exercises or spend more time diving into each block of exercises) • The video outline breaks down what is happening in the video and its minute marker | |
| <p>Activity & Verification (Describe activity and check for student understanding)</p> | <ul style="list-style-type: none"> • Ask students if they have done any of the exercises before • Demonstrate exercises for students, or ask students who are familiar with an exercise to demonstrate • Have students try the exercises • Ask students who are familiar with any of the exercises to help their peers • Ask students if they have questions about a particular exercise • Explain what muscles are being used during exercises • Explain why it's important to strengthen your whole body and participate in physical activity in general | <p>Other Resources (e.g. Web, books, etc.)</p> <ul style="list-style-type: none"> • USA Nordic Physical Education Recruiting Video • Video Outline • Local club resources to send to students who are interested • Karin Bauer – USA Nordic Sport Development Manager: karin@usanordic.org |
| <p>Evaluation & Summary</p> | <ul style="list-style-type: none"> • Ask students to try exercises at any point during the class period and evaluate • Create a game where you name an exercise and a student, or group of students, performs it • Have students pick an exercise they would like to improve. Have them work on it and come back to the next class and show the exercise and/or ask them what was challenging and/or what came naturally when they were practicing their exercises • Ask the class if anyone has skied before or if they'd be interested in trying ski jumping. | |