

PE Central College Lesson Ideas

Title: Fitness Promotion Presentation and Project

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Description:

This is one of my favorite assignments. I have students do this project and presentation so that they can really understand that a part of their job will be to promote physical education and that this promotion will be different depending on who you are trying to reach. It is also important to have them working with technology and this is one way for them to be creative and really show what they've learned and how to express that to others. It allows students to be creative and to explore another way of learning.

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Fitness Promotion Project & Presentation

This project is due on Oct 21. The project is worth 25 points and the presentation is worth 25 points. Total of 50 points for this assignment.

This is a group project (groups of 3-4) that will incorporate the use of some type of technology to promote physical fitness (especially the health-related components). Examples include (but not limited) making a video, PowerPoint presentation, brochure, newsletter, bulletin board, etc...

NASPE-PETE Standards addressed in this assignment include:
Standards 1.2, 3.7 and 4.1.

Imagine that you are a physical education teacher at a local ES, MS or HS and you want to **promote** physical education/physical activity/physical fitness. You must demonstrate the importance of these activities to the community (parents, classroom teachers, etc). This is time to be creative and to apply the knowledge you've gained in this course as well as others. Your presentation of the materials should be approximately 10-15 minutes long.

Project Evaluation:

- Clearly identifies grade or developmental level 5 points
 - Identifies appropriate Fitness concept(s) 5 points
 - Maintains focus on concepts throughout project 5 points
 - Demonstrate knowledge of current technology and the technology used is appealing to the target group 5 points
 - References (at least 2) cited appropriately (APA) 3 points
 - The project is clear and easy to read/follow 2 points
- 25 Points

Presentation Evaluation:

- Generally well-developed ideas 5 points
 - Opening that draws in audience; effective closing 5 points
 - Demonstrates effective verbal and non-verbal communication skills 5 points
 - Presentation was organized and followed a logical progression 5 points
 - Clearly able to articulate the use of appropriate fitness concepts for the desired grade level 5 points
- 25 Points