

Standards-Based Lesson Template

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Teacher:	Jason Walkup
Class:	Physical Education
Lesson/Unit Title:	Career Exploration
Abstract/summary of lesson:	Physical Fitness in Fire and Law Enforcement Careers
Students will know...	Students will know the physical expectations that are required for all applicants to be eligible for an opportunity to become a firefighter or law enforcement officer.
Students will be able...	Students will be able to write a one-page reflection highlighting which of the five areas of health-related fitness, that each test required. The students will be able to give at least one example of why each physical fitness test is essential for an individual seeking out a career in these particular fields. Students will be able to list five different exercises that could help prepare individuals for these tests.
Standards/Skills addressed	<p>The students will focus on the physical requirements needed to be considered for a job in fire services or law enforcement. The students will get to experience what these physical tests are like and will be able to explain the different types of conditioning needed for each test/career.</p> <p>4.6 Explain the different types of conditioning for different physical activities.</p>
Performance tasks/projects:	4.6 Explain the different types of conditioning for different physical activities.
Test and quiz questions or essay prompts:	<p>In 1-2 pages, please respond to the topics listed below. Each topic listed below can be a paragraph.</p> <ol style="list-style-type: none">1) Introduction2) Explanation of each test and the area(s) of health-related fitness that is needed in each test.3) Exercises that could help improve one's chances4) Why these tests are essential for individuals going into these fields5) Reflection on your own personal experience taking these tests. <p>- Based on your performance do you think you would be ready for a fire services or LEO career?</p>
Other evidence to be used (e.g., observations, evaluation of work samples, discussion):	I will be observing and checking in with students as the students are participating in the physical testing is being done. Before the assignment is given, we will have a group discussion. I want students to have all of the knowledge needed before giving the assignment. A group discussion will be a way for students to share their knowledge instead of giving it to them. I also want students to think about other scenarios where the physical skills could be needed. One of the LEO tests require students to drag a dummy, and there could be a time when a student might have to drag someone to safety.
Student self-assessments:	The reflection and self-assessment will be a part of the writing assignment

Objectives

Students will be able to write a one-page reflection highlighting which of the five areas of health-related fitness, that each test required. The students will be able to give at least one example of why each physical fitness test is essential for an individual seeking out a career in these particular fields. Students will be able to list five different exercises that could help prepare individuals for these tests.

Motivation:

I will introduce this unit by sharing my experiences that I had thanks to Stanislaus Partners in Education. I have always told my students that I wished that I had taken advantage of ROP type programs while I was in high school. I spent a lot of time in college, and I believe that if I would have experienced more things that I may have had a better plan. My goal is to give students a better plan than I had. I am thankful that I was able to experience another career. I have now experienced a program much like the programs I tell my students to try to get into. I think if students can get a lens into a career, it can make school more meaningful for them. I hope that through this and the Career & College Research Elective that I am teaching, more students will volunteer, intern, and research various careers. I am hopeful that this experience will be beneficial to students who may be interested in these careers. I am hopeful that students might become more motivated in these careers after learning about my experiences that I'm able to share with them.

Presentation:

I will start by sharing my experiences. I will then move into a powerpoint, which will include some videos showing individuals in these fields explaining the job requirements for their position. I will show students an instructional video about the tests that the students will be experiencing.

Application/Activities:

The most useful way this knowledge will be applied will be when students think about how different skills translate over into their everyday life. I want the lessons, skills, and concepts to become more meaningful because students can see practical use. I want all students to find meaning and find the use in all that the students do.

Materials needed:

Cones, weighted dummy, wall, weights, paper, pencil, projector, powerpoint

Assessment/Evaluation:

Observation, Discussion, 1-2 Page written assignment

Closure/Reflection:

Different careers have different expectations. Some jobs might require a person to work long hours; some might require a person to sit at a desk all day; others might have to stand in the sun all day. In order to become a law enforcement officer or work in fire services, a physical fitness test is required. These physical skills are necessary to ensure that they can do their job and stay safe, but also to keep the people they come into contact with safe. I hope that this experience has motivated any individuals who are interested in these careers, or perhaps some of you found a career that you may want to explore. At the least, I hope you have found another reason to embrace your health and fitness. It is vital to stay in shape for your well-being, but also it could even make it easier for you to get a job one day. I want to remind everyone that your essay will be due in one week. I hope that everyone will come to our next class motivated now that you can see another reason why it is essential to improve in are five areas of health-related fitness.