



This activity is made possible through a partnership between ASU-Mountain Home's Teacher Education program and Friends of the North Fork & White Rivers.

Lesson Plan: Exploring Local Fitness Opportunities Using the ASU-Mountain Home Trail

Grade Level: 9th Grade

Subject: Physical Education / Personal Fitness & Wellness

Standard: PFL.3.5 - Evaluate activities that can be pursued in the local environment according

to their benefits, social support network, and participation requirements.

# **Lesson Objectives:**

- Identify various physical activities that can be performed on the ASU-Mountain Home trail.
- 2. Evaluate the benefits of participating in local fitness activities.
- 3. Analyze the social support and participation requirements of selected activities.
- 4. Reflect on personal fitness goals and how local resources can support them.

#### **Materials Needed:**

- Map of the ASU-Mountain Home trail
- Notebooks or worksheets for student reflections
- Stopwatches or fitness trackers (if available)
- Printed descriptions of local fitness events (5k runs, cycling events, charity walks, etc.)
- Chart paper and markers

#### **Lesson Activities:**

#### 1. Introduction (15 minutes)

- Begin with a class discussion on the importance of physical activity and how the local environment can support a healthy lifestyle.
- Show students a map of the ASU-Mountain Home trail and discuss its features (length, terrain, accessibility).
- Explain that students will evaluate different physical activities they can do using this trail and in other community fitness events.

## 2. Trail Exploration & Activity (30 minutes)

- Take students to the ASU-Mountain Home trail (or simulate using pictures and descriptions if not possible).
- Assign small groups different physical activities to try or discuss, such as:
  - Walking/jogging
  - o Cycling
  - Nature-based fitness (yoga, stretching)
  - Interval training (sprinting short distances, bodyweight exercises)
- Have students record their observations about each activity, including benefits (e.g., endurance, strength), required resources, and social aspects (e.g., group-friendly, individual training).

# 3. Class Discussion & Chart Activity (20 minutes)

- Return to the classroom and create a class chart comparing activities based on:
  - **Health benefits** (cardio, strength, flexibility, etc.)
  - **Social benefits** (can it be done alone, with friends, in a competition?)
  - Participation requirements (cost, equipment, skill level, age limits, etc.)
- Discuss the various community events that utilize the trail, such as local 5k races or charity walks, and how they encourage social participation.

## 4. Personal Reflection (15 minutes)

- Have students write a short reflection on:
  - Which activity interests them most and why
  - How they can participate in a local fitness event
  - The role of social support in staying active

# **Assessment & Evaluation:**

- Class participation in discussions and trail activities
- Completion of activity evaluation worksheets

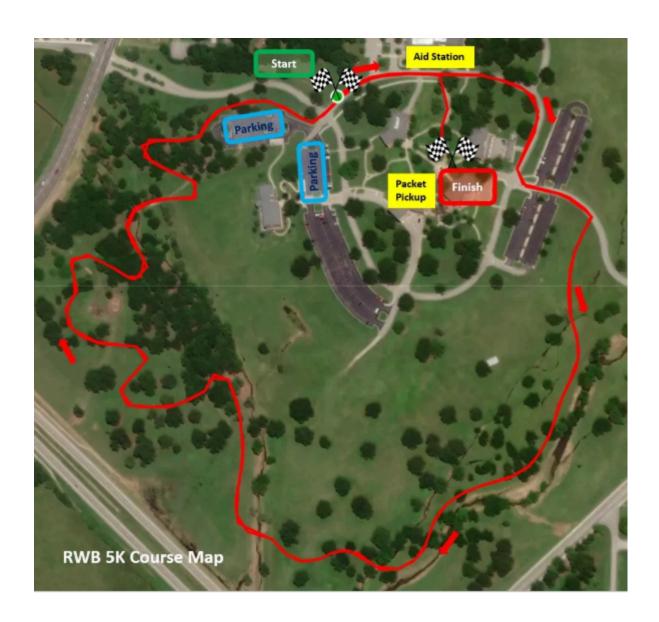
- **Group contributions** to the comparison chart
- Personal reflection demonstrating understanding of local fitness opportunities

# **Extension Activities:**

- Invite a guest speaker (local runner, cyclist, or event organizer) to talk about community fitness opportunities.
- Create a "Community Fitness Challenge" where students set personal fitness goals using the ASU-Mountain Home trail.
- Research and present on other local fitness initiatives or park trails in Arkansas.

#### Conclusion:

This lesson helps students recognize the importance of local fitness opportunities and encourages them to participate in healthy physical activities within their community. By engaging with the ASU-Mountain Home trail, students gain firsthand experience in evaluating activities based on benefits, social support, and accessibility.



# RWB Festival 5k Course Map

