



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:

1. 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
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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
 - 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
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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



Ride **RWB Festival & Outrun Cancer 5Ks - Official Course**

Jun 5, 2022, 4:57:37 PM

Distance	Elev Gain	Time
3.1 mi	206 ft	15m 53s



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