

Sports and Fitness Across Space and Time



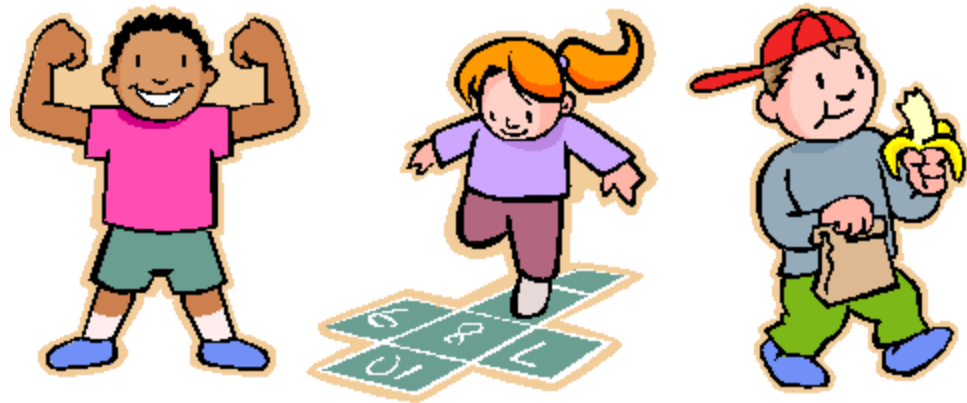
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Sports and Fitness Across Space and Time

Across three weeks, students will be immersed in topics ranging from math to economics, all through the lens of sports.

The centrality of sports is meant to encourage student participation and enthusiasm, especially amongst the prepubescent male students who often begin to lose interest in school at around this period.

It also ties in neatly with the health and fitness ideals that will be transmitted throughout the lessons.



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Writing becomes a focal point of the unit through the student produced weekly sports newsletter in writing workshop.

The newsletter serves as an avenue to develop different kinds of writing, from persuasive to transactional.



Types of writing students may submit to the newsletter are:

Interviews, biographical sketches, historical narratives, game highlights, and advertisements.

All work should be illustrated and special attention will be paid to the “look and feel” of the newsletter.

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Budding journalists are afforded the opportunity to pursue specific interests within the realm of sports and fitness ...

thereby
accommodating
the needs of
students with
variegated levels
of ability and skill.



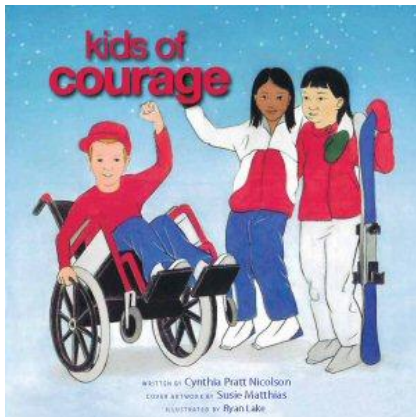
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- The newsletter will evolve in three stages, from the local to domestic and international scales.

- Students will begin exploring popular sports in New York in week one, national sports in week two, and global games/international competition in week three.

The aim of this progression is to relay the importance of cultural transmission through familiar pastimes and leisure as well as how sports link together diverse groups of people across space and time.



Along the same vein, students will learn to empathize with distinctive groups and historically marginalized peoples by investigating their contributions to the sports world (i.e. focus on Paralympics and The Negro League).

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Specific Lesson focuses on The Olympics



- **How and when did the Olympic Games get started**
- **Where were the Olympic games first held? Who could participate?**
 - **What was the political significance of the ancient Olympics?**
 - **What was the socio-cultural and religious significance of the Olympic games?**
 - **What kind of training did Olympic athletes endure?**
- **What are the similarities and differences between modern and ancient Olympic events?**

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Specific Lesson focuses on Nutrition and Exercise



- **Students will learn to identify their eating habits to see if their meal and snack choices are balanced for the day or, on average, over a week.**
- **Students will be able to determine if they are getting enough fruits, vegetables, low-fat milk or fat-free milk or milk products, and whole-grain foods in their diet.**
- **Students will discover if they are getting too many added sugars, solid fats, and calories.**
- **Students will learn strategies to explore ways to improve their food choices.**
- **Students will track their meal and snack choices over time.**

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We hope your holidays are filled with
safe, healthy, nutritious and active fun!



Have a great 2012!
Kenny, Katherine & Kate