

**PPL 30F**

**PAF 30T**

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A single dream. A world of hope.  
The Terry Fox Foundation

## **Terry Fox 5km Run**

**Friday, September 30, 2011**

Bishop Macdonell Catholic High School

# 5km Run

## *Educational Value*

The field trip to a five kilometre road race is an excellent experience for Grade 11 Health and Physical Education students.

Running is perhaps the most effective method to improve one's cardiovascular fitness. This activity and the sport of road racing have become more popular as people increase their awareness of living healthy active lifestyles.

The uniqueness of this field trip goes well beyond the actual day of the event. The training process provides students with hands on experience in goal setting, overcoming barriers, journal writing and self assessment of one's personal improvements.

What is perhaps the most significant feature of this outing lies in the sponsor of the road race. The "**Terry Fox Foundation**" is the underlying reason why we are undertaking this challenge – students will raise awareness to their cause and help support their efforts through the pledges raised in entering this respected road race. As a Catholic High School, these organizations provide our students an opportunity to be activists for social justice and issues affecting our community.

**Our philosophy as a Health and Physical Education department is to expose the students to**

**as many 'lifetime' activities as possible  
– all with the common goal of increasing  
their chances to live healthy,  
active lives long into their adult years.**



# GOAL SETTING (excerpted from the Runner's

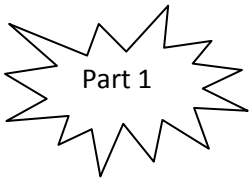
*Lifestyle Log, page 13)*

You know your own Everest; the point that you would like to reach. No one can tell you whether it is possible or not. Inside, you know the commitment you are prepared to make and your abilities.

You should decide on a long-term dream goal; a dream goal for this season; a realistic performance goal for this season; self-acceptance; and a daily goal.

For some, running 1 mile or running a certain distance without stopping is reward enough. Others may want to lose a certain amount of weight and yet others may want to qualify for the Boston Marathon. Goals are personal and don't worry about what others strive after. We all compete against ourselves.

Step 1	Write down a difficult but achievable ultimate goal.
Step 2	Write down your dream goal for the next few months that would help attain your ultimate goal.
Step 3	Write down your realistic performance goal for this season. It might help to set dates for other goals leading to the performance goal, such as running a distance within a certain time of completing a distance without walking
Step 4	Evaluate your progress and consider whether you are aiming too high (you might need more base mileage) or whether you should set yourself a harder target.
Step 5	Establish a weekly goal for improvement, remembering that the more realistic you are, the better the chances are of attaining it. Use a log book, such as the Runner's Lifestyle Log, to record your progress. Use it as a dairy to record how you feel and where you ran. Modify training if necessary.

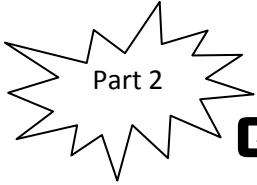


# - Terry Fox 5K Run -

## PPL30: Personal Training Log

<b>DATE</b>	<b>ACTIVITY</b> (Type of workout)	<b>DETAILS</b> (Factors affecting your performance, perceived exertion, how your body reacted to the workout, how to improve)

*"I just wish people would realize that anything's possible if you try; dreams are made possible if you try" ~ Terry Fox*



# 5K TRAINING:

## QUESTIONS FOR REFLECTION



### Communication

- Explain factors that affect performance and participation in recreational and sport activities (PA2.02)
- 1. Identify and fully explain two training principles discussed in class. If you were to train for a race again, which type of training style would you choose and why? What lifestyle factors can directly impact one's performance in a 5K race?
- Explain the benefits of lifelong participation in different physical activities. (AL1.03)
- 2. Fully explain four personal and one non-personal benefit of training and participating in a 5K race.

### Thinking and Inquiry

- Assess personal health-related physical fitness in relation to their personal health goals (AL2.03)
- 3. Based on your training leading up to the 5 km run, and your performance on the day of the run, assess your current fitness level. Were you proud of your performance during the training and during the 5 km run? Include specific examples of why you are proud of yourself, and include examples of how you could have performed more effectively.
- Evaluate group effectiveness (LS3.02)
- 4. Evaluate how you felt the class as a whole participated in the training sessions and in the 5 km run itself. Provide specific details with your analysis.

### Application

- Demonstrate personal improvement in their performance in a variety of activities (AL1.02)
- 5. What personal improvements did you acquire through your participation in this 5 km run unit? Provide three examples with concrete evidence to support your claims.

Learning Skill	Level	Level	Overall Level/Mark
Application (participation)	AL1.02		/5
Communication	PA2.02	AL1.03	
Thinking and Inquiry	AL2.03	LS3.02	
Application (reflection)	AL1.02		

TEACHER COMMENTS:

