

UPHILL CHALLENGE

STUDENT TARGETS

- **Skill:** I will demonstrate proper arm movements.
- **Cognitive:** I will discuss the importance of a proper arm swing as it relates to running form.
- **Fitness:** I will maintain good posture and balance while running uphill or up the stairs.
- **Personal & Social Responsibility:** I will use positive language to actively encourage my peers.

TEACHING CUES

- Maintain Good Posture
- Drive Arms Powerfully
- Elbows Bent Swing at Shoulder
- Arms Front to Back
- Shoulders and Hands Relaxed

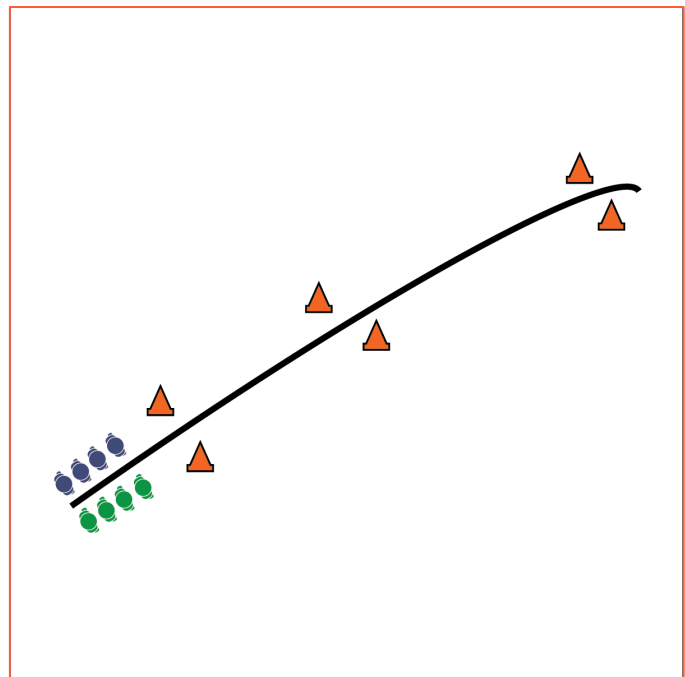
ACTIVITY SET-UP & PROCEDURE

Equipment:

- 2 tennis balls or bean bags per student
- 6 large cones
- Moderate hill (or safe, stable, and wide bleacher steps)
- [Uphill Challenge Video](#)
- 1 Fitness Running Portfolio for each student

Set-Up:

1. Place 2 cones at the bottom of the hill to mark the starting line, 2 cones at the top to mark the finish line, and 2 cones in the middle to mark the halfway point.
2. Arrange students into single-file lines at the bottom of the hill, each student with 2 tennis balls or bean bags.



Activity Procedures:

1. Today's activity is called Uphill Challenge, and it will help us practice proper running form, especially arm swing and power. The object of the activity is to run to the top of the hill (or stairs) without dropping the tennis balls (or bean bags) balanced on your palms.
2. When you hear the start signal, the first person in each line will run up the hill with the equipment balanced on the palm of each hand. Then they will move to the outside of the running lanes and walk safely back down.
3. When the first group gets halfway to the top of the hill, the next group will begin to run. Continue this pattern until you hear the stop signal.
4. Do not grip the equipment; the object is to balance it on the flat surface of your palm.
5. After a 2 or 3 runs, have students set the equipment to the side. Demonstrate proper running form (both arms and legs), and then have students run up the hill without the equipment.

Grade Level Progression:

- L1:** Use a flat surface or moderate hill with a focus on arm movement.
L2: Use a steep hill.



UPHILL CHALLENGE

UNIVERSAL
DESIGN
ADAPTATIONS

- Use a flat surface or moderate hill before progressing to a steeper hill.
- Do not balance an object; simply hold arms behind the back.
- Run/walk in place while focusing on form.

ACADEMIC
LANGUAGE

Agility, Arm Swing, Balance, Posture, Refine

STANDARDS
& OUTCOMES
ADDRESSED

- **Standard 1 [H1.L1-2]:** Demonstrates competency and/or refines activity-specific movement skills in two or more lifetime activities (outdoor pursuits, individual-performance activities, aquatics, net/wall games, or target games) (L1); Refines activity-specific movement skills in one or more lifetime activities (outdoor pursuits, individual-performance activities, aquatics, net/wall games, or target games) (L2).
- **Standard 5 [H1.L1]:** Analyzes the health benefits of a self-selected physical activity (L1).

DEBRIEF
QUESTIONS

- **DOK 1:** How would you describe the way you felt while running with the balanced equipment?
- **DOK 1:** How would you describe proper arm movements for running up a hill?
- **DOK 2:** How did balancing the equipment affect your posture as you ran? How did it affect your running form?
- **DOK 2:** What did you notice about your form when you were able to use proper arm swing instead of balancing the equipment?

TEACHING
STRATEGY
FOCUS

Help students practice skills, strategies, and processes. One of the main outcomes of this module is helping students refine running-specific skills and practice strategies for refining movement skills for other activity choices. In order to do that effectively, students must practice the skill and then reflect on their practice in a way that focuses on self-improvement. Use the Depth of Knowledge (DOK) question sets to promote student reflection and provide time for Fitness Running Portfolio exercises at the end of each lesson.