PHED 309 Student Unit Plan Fall Semester

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\*Instructor may change Outline activities.\*

**Friday Sept 8th, 5:30 – 9:00pm Eastern** Michigan University Campus, Warner Gym B

* Introduction from Stan
* Student Introductions.

5:30pm - Initiation activities: a) Memory Game – High Fives

b) Moving team juggle

5:50pm - Mine Field Challenge – In partners.

6:20pm - Power Point – Who I am, Why am I your teacher.

* Face-book Page – Search EMU PHED 309

This is extremely important to check this!

Remind 101: Text this number: #81010 in the message put: “@phed309”, to unsubscribe text this #: 81010 with this message: “unsubscribe@phed309

6:45pm - Intermediate Challenges and Facilitating Group Challenges:

Remember to Set the Stage, Facilitate, and Debrief.

* Mat Challenge
* Mississippi River Cross
* Indiana Challenge
* ? If Time allows.

8:00pm – Go over assignments for class, questions with syllabus, etc…Everything is on Canvas (I Hope.)

* Peer Group Facilitation, get into pairs now! Email me the challenge you and your pair are going to do. \*Half of group presents on 9/23 and half on 10/7
* So What Reflections
* Fitness Professional Assignment
* Final Class questionnaire/reflection
* In Class Professionalism Points
* Bicycle Required for October 7th (borrow one, if it rides it will work.)

8:30pm – Class Closure – Where do we meet tomorrow, what to where? Bring food, and water, be prepared to exercise. Will be a long day outside. State Parks Pass Required, car pool from Brighton High School Parking Lot if needed, (park near football field.) \*\*In person registration is Cash Only\*\*

* Questions on note cares, 2 questions for Stan.
* Bring important medical things you need! Epi-Pen, Asthma, Medications, other…You are adults, you know what you need to have with you.

**Saturday Sept 9th, 9:00am – 5:00pm**, Meet at Brighton Recreation Area in Brighton Mi, off of Bishop Lake Rd. Park at trail-head for mountain biking and hiking.

\*Requires State Parks Pass, Possible to carpool from Brighton High School, about 8 minutes away.

**9:00am** – Greet and group challenges

**10:00am** – Hike discussion & Fitness App discussion.

**10:30am** – Begin Hike, should take around 40 – 50 minutes.

**11:15am** – Trust Falls

**12:15 Lunch** – Or have quick snack there and get out earlier.

**1:00pm** – Knot Tying basics.

**1:45pm** – Fort Building

**2:45pm** – Swimming and Stand Up Paddle Board Basics

**3:30pm** Class Closure: Questions for next class session. “So What” complete these on Canvas.

**Friday Sept 22rd – 4:00pm – 9:00pm**, - Ann Arbor, Michigan Gallup Park Canoe Livery. 734 – 794 – 6240, 3000 Fuller Rd Ann Arbor, MI 48105

\*Students arrive at 4:00pm and check in, I will not arrive until 4:30pm!

Students $25 for double kayak, $20 for single kayak. (do double and save money.)

\*Bring cash or card for canoe rental. Canoe from Argo Canoe Livery to Gallup Canoe Livery, two students per canoe/kayak.

**4:30pm** – Kayak down river, stop several times for River talk, reading water, etc… Must be done kayaking by 7:00pm.

**7:00pm** – Intermediate Group Challenge:

**7:30pm** – Discussion of how to plan a river trip.

* Knowing the river, asking questions, scouting, going with another group.
* Setting shuttle – who drives, where to leave cars, keys, etc..
* Medical Things if needed, food water.
* Tying canoes/rafts onto cars.

\*Possible that we may do River Clean Up during our kayak trip, if this happens our trip will be free. Waiting to hear back from owner of Kayak Company.

**8:00pm** – Class Closure – Questions, How is Fitness Professional/Phys. Ed Lesson Plan going?

**Saturday Sept 23rd, 9:00am – 5:00pm**, Brighton Recreation Area.

**9:00am** – Meet and greet, & Team challenge

**9:30am** – Fire Starting –

**10:45am** – Orienteering adventure Race

**11:45am** – Team Building Facilitation to Peers – Half class goes today, half present on last day of class.

In partners, you will facilitate a team building challenge to the rest of your peers.

1. Set the Stage – Give rules, the challenge, and safety concerns.

2. Facilitate – Step back and let the students work.

3. Debrief – Ask open-ended questions.

**1:00pm** – Disc Golf

**2:30pm** – Trail Race – We will race the 2 mile trail, we will be tired but it will feel very good. This is the same trail we hiked. Use a fitness app.

**3:00pm** – Possible Trail/Park Trash pick up

**3:45pm** – Class Closure – Questions about Fitness Pro and Lesson Plan & Where we meet next. These are due tomorrow!

**Friday October 6th, 5:45-9:00pm** – Ann Arbor, Mi Planet Rock, 82 April Dr, Ann Arbor, Mi, 48103, 734-827-2680

It is right off of Jackson Rd, just west of Wagner Rd. It is behind a car dealership, easy to miss.

* Be there at 5:45pm, begin paying and checking in. Do not be late!
* Bring $15 per person to participate. The manager is giving us over a 70% discount for our group lesson. Regularly this would cost $44 per person.
* \*Wear comfortable clothes, we will be indoors, shorts and t-shirt, MUST WEAR SOCKS!!!
* 6:00pm – We will begin lesson on how to tie figure 8 knot and belay practice. Trust – we must be focused and serious, our class-mates safety is in our hands.
* 7:00pm Begin Climbing and or belaying our partners.
* 8:40pm – Questions about class, assignments, where do we meet tomorrow,.
* How is your fitness Professional going? They are due tomorrow.
* 9:00pm – You are free to leave or continue climbing on your own.

**Saturday October 7th, 9:00am – 5:00pm**, EMU Warner Gym B,

\*Students will need a bicycle to ride, anything will work, ask a friend, parent, neighbor; whatever you have to do just get one. This will be really fun.

**9:00am** – Meet and Greet, good bad activity

**9:15am** – Finish Peer Team Building Facilitations

**10:15am** – Share Fitness Professional Ideas & Lesson Plan Ideas. Be quick with this, five minute share of what your idea was, turn in hard copy to Stan.

**11:15am** – Fixing a Flat Tire – won’t take long, it’s worth it.

**11:45am** – EMU Slow Roll - We will ride down towards the river on the bike path, should be about 1.5 hours of riding. Bring snacks and water to munch on.

**1:30pm** – Begin Outdoor Cooking –

* Every student brings ingredients to help cook Lasagna.
* Trip Leader will be chosen to organize who buys what ingredients; all of the questions go to trip leader. Trip leader may ask me.
* Play game of Bocce Ball while food cooks.
* Stan brings cooked sausage and charcoal.

**2:30pm** – Eat and class closure

* Fill out course, teacher EMU sheets.
* Fill out “So What” and turn in.
* Remember to complete Final and continue to check FB page and Canvas.
* It is your responsibility to make sure everything is turned, if you are unsure email me!