Abstract

Creative Project: Physical Education Decathlon

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This creative project is designed to put 4th or 5th grade physical education students through a variety of physical challenges and skills. The decathlon consists of 10 events. These events include bowling, 50 yard dash, cup stacking, controlled racket hits, long jump, vertical jump, jump rope, PACER run, agility obstacle course, and the accuracy throw. This project covers all six state standards for physical education. Points are awarded based on performance on the events. At the end of the school year, the top 10 boys and top 10 girls are awarded prizes. This project keeps students excited throughout the year for the events and promotes enjoyment for physical education, while giving students a variety of experiences.