## Physical Education Unit 10: Movement

	Developing competency in motor skills enhances the ability to
Eggential	Bovoloping composition of managed the ability to
Essential	participate in physical activities and establishes a foundation for life
Understandings	long wellness.
	<ul> <li>Increasing competency in advanced specialized motor skills allows</li> </ul>
	an individual to compete at higher sport levels thereby enhancing
	lifelong participation.
_	How are combination skills applied using various strategies?
Essential	How are these strategies applied in small groups?
Questions	<ul> <li>How are fundamental components recognized and strategies used</li> </ul>
	in simple games and activities?
	<ul> <li>How is competency increased in advanced specialized motor</li> </ul>
	skills?
	<ul> <li>How are cooperative and competitive strategies developed in</li> </ul>
	higher-level games/sports?
	<ul> <li>By applying the principles of stability and force during skill practice,</li> </ul>
Essential	motion and the motion of objects can be changed.
Knowledge	<ul> <li>Motor skills and manipulative skills need to be demonstrated during</li> </ul>
	drills or modified games/physical activities.
	<ul> <li>Skill-related fitness components include balance, coordination,</li> </ul>
	agility, speed, and power.
	<ul> <li>Specific, positive, and correct feedback effect skill improvement.</li> </ul>
	<ul> <li>Critical elements of more advanced movement skills need to be</li> </ul>
	understood.
	<ul> <li>More advanced motor and manipulative skills in</li> </ul>
	games/activities/sports situations are required as competency
	increases
	<ul> <li>Improved understanding why practice is important to skill</li> </ul>
	improvement
	■ <u>Terms</u> :
Vocabulary	Point of contact
	Principle of opposition
	<ul><li>Point of release</li></ul>
	• Force
	• Speed
	Coordination
	Agility
	Balance
	■ Power
	Stability
	Specialized motor skills
	Competency
	To apply locomotion skills, change of direction, levels, force, center
Essential	of gravity, line of gravity and pathways in individual and team
Skills	sports/activities.
	To use concepts in a variety of settings.

## Physical Education Unit 10: Movement

To use skill related fitness components with increased competency.   To combine correct techniques for motor skills and manipulative skills in drills, modified games/activities, and regulation games.		To use application decoloration to decouple distinct	
Related Maine Learning Results  Results  Results  Related Maine Learning Results  Re		To use acceleration, deceleration to decrease risk of injury.	
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## Physical Education Unit 10: Movement

	o pedometers		
	<ul> <li>heart monitor</li> </ul>		
	o community resources		
	<ul> <li>Project Adventure Curriculum Guide</li> </ul>		
• Websites:			
	<ul> <li>www.pecentral.org</li> </ul>		
	www.americanheart.org		

approved fall 2013