

**Physical Education
Unit 2: Movement**

Essential Understandings	<ul style="list-style-type: none"> ▪ Competency in motor skills enhances the ability to participate in physical activities and establishes a foundation for life long wellness.
Essential Questions	<ul style="list-style-type: none"> ▪ What are ways to use combination skills in small groups? ▪ Why is practice important? ▪ How does force affect an object? ▪ How is technique related to success of a skill? ▪ What are ways to adapt body movement to an unpredictable environment?
Essential Knowledge	<ul style="list-style-type: none"> ▪ Independently applying locomotor skills, change of direction, levels and pathways are necessary in individual and team sports/activities. ▪ Movement concepts need to be used independently in a variety of settings.
Vocabulary	<ul style="list-style-type: none"> ▪ <u>Terms:</u> <ul style="list-style-type: none"> ○ volley ○ dribble ○ strike ○ strategies ○ angle ○ rotate ○ leap ○ punt ○ weight transfer
Essential Skills	<ul style="list-style-type: none"> ▪ Demonstrate locomotor skills using changes of direction, level, or pathway in small groups. ▪ Demonstrate correct technique for a variety of manipulative skills. ▪ Adapt a skill to the demands of a dynamic unpredictable environment. ▪ Show how practice has an impact on the quality of movement. ▪ Show how adapting the speed and mass can change the movement of an object.
Related	<p><u>Health and Physical Education</u> G. Movement/Motor Skills and Knowledge 1. Stability and Force Students demonstrate a variety of movements that apply stability and force. a. Demonstrate movements that change the center of gravity and line of gravity during dynamic balances. b. Show how increasing speed and mass can change the force on an object. 2. Movement Skills Students demonstrate a variety of locomotor skills and</p>

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<p>Maine Learning Results</p>	<p>manipulative skills.</p> <ul style="list-style-type: none">a. Demonstrate correct technique for a variety of manipulative skills.b. Demonstrate locomotor and manipulative skills in combination using changes in direction, level, or pathway. <p>3. Skill-Related Fitness Components Students identify the skill-related fitness components of balance, coordination, agility, and speed.</p> <p>4. Skill Improvement Students describe why practice is important to skill improvement.</p>
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<p>Sample Lessons And Activities</p>	<ul style="list-style-type: none"> ▪ Gymnastics ▪ Locomotor movements ▪ Team activities ▪ Dance ▪ Individual activities
<p>Sample Classroom Assessment Methods</p>	<ul style="list-style-type: none"> ▪ Teacher observation ▪ Self-evaluation ▪ Checklist ▪ Peer observation; pairs or small groups
<p>Sample Resources</p>	<ul style="list-style-type: none"> ▪ <u>Other Resources</u> <ul style="list-style-type: none"> ○ posters, charts ○ variety of equipment ○ pedometers ○ heart monitor ○ community resources ▪ <u>Web Sites</u> <ul style="list-style-type: none"> ○ http://www.americanheart.org ○ http://www.pecentral.org/ ○ www.brunswick.k12.me.us/curriculum