

**Physical Education
Unit 2: Movement**

<p>Essential Understandings</p>	<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.
<p>Essential Questions</p>	<ul style="list-style-type: none"> ▪ How does one maintain personal space while participating in a physical activity? ▪ How does one show changes in direction, level, and pathway? ▪ How does the body move?
<p>Essential Knowledge</p>	<ul style="list-style-type: none"> ▪ Using personal space while engaging in physical activity is an important safety skill. ▪ The body can move in a variety of ways. ▪ Varying direction, level, and pathway affect movement. ▪ Physical activity can be enjoyable.
<p>Vocabulary</p>	<ul style="list-style-type: none"> ▪ <u>Terms:</u> <ul style="list-style-type: none"> ○ in front of/behind ○ between ○ personal/self-space ○ general space ○ directions ○ levels ○ straight ○ curved ○ zigzag ○ body parts ○ jump ○ hop ○ gallop ○ slide ○ skip
<p>Essential Skills</p>	<ul style="list-style-type: none"> ▪ Demonstrate correct form when jumping, hopping, galloping, and sliding. ▪ Kick a moving ball. ▪ Toss and catch a ball. ▪ Demonstrate personal balance in activities. ▪ Change direction, level or pathway when moving. ▪ Apply personal space while using manipulatives. ▪ Apply movement concepts to a variety of fundamental skills (e.g., running in different directions while applying knowledge of personal space).
<p>Related</p>	<p><u>Health and Physical Education</u> G. Movement/Motor Skills and Knowledge 1. Stability and Force Students demonstrate positions that create stability and force. a. Show how base of support changes during static</p>

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<p>Maine Learning Results</p>	<p>balances.</p> <p>2. Movement Skills Students demonstrate a variety of locomotor skills.</p> <p>a. Demonstrate correct technique for a variety of locomotor skills.</p> <p>b. Demonstrate a locomotor skill applying changes in direction, level and/or pathway.</p> <p>c. Demonstrate combinations of locomotor skills.</p>
<p>Sample Lessons And Activities</p>	<ul style="list-style-type: none"> ▪ Aerobic warm-ups ▪ Obstacle courses ▪ Locomotor/movement concepts ▪ Manipulatives ▪ Gymnastics/dance ▪ Bowling ▪ Scooters ▪ Simple games
<p>Sample Classroom Assessment Methods</p>	<ul style="list-style-type: none"> ▪ Observation ▪ Checklists
<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.pecentral.org/ ○ http://www.americanheart.org/ ○ www.brunswick.k12.me.us/curriculum

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