

**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"> ▪ Why is personal space important? ▪ What is the proper form when lifting equipment? ▪ How can skills be combined? ▪ How does force affect movement?
<p>Essential Knowledge</p>	<ul style="list-style-type: none"> ▪ Using personal space is necessary while engaging in physical activity with a partner or in a group activity. ▪ The manner in which a movement skill is performed can be varied. ▪ Movement skills can be used in combination. ▪ Maintaining proper form when lifting prevents injuries. ▪ Force affects movement. ▪ Physical activity can be enjoyable.
<p>Vocabulary</p>	<ul style="list-style-type: none"> ▪ <u>Terms:</u> <ul style="list-style-type: none"> ○ mirroring/matching ○ between ○ directions ○ levels ○ straight ○ curved ○ zigzag ○ effort (fast/slow, strong/light) ○ body shapes ○ push/pull ○ turn/twist ○ stretch/curl
<p>Essential Skills</p>	<ul style="list-style-type: none"> ▪ Kick a moving ball with an approach. ▪ Move with objects (e.g., rope, ball, stick, etc.) and people. ▪ Dribble with hand. ▪ Dribble with foot. ▪ Maintain proper form when lifting equipment. ▪ Strike object with implement. ▪ Throw and catch a ball with a partner (overhand and underhand).
<p>Related Maine Learning Results</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. b. Demonstrate how body position can be adapted to pushing and pulling forces. c. Demonstrate how to lift objects to prevent injuries. 2. Movement Skills Students demonstrate a variety of locomotor skills. a. Demonstrate correct technique for a variety of locomotor</p>

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	<p>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>
Sample Lessons And Activities	<ul style="list-style-type: none"> ▪ Aerobic warm-ups ▪ Obstacle courses ▪ Locomotor/movement concepts ▪ Manipulatives ▪ Gymnastics/dance ▪ Bowling ▪ Scooters ▪ Simple games ▪ Fitness Fridays- 5-2-1-0 ▪ Martial Arts ▪ Chasing, fleeing, dodging.
Sample Classroom Assessment Methods	<ul style="list-style-type: none"> ▪ Teacher/peer observation ▪ Self-evaluation ▪ Checklists
Sample Resources	<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

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