

**Physical Education  
Unit 2: Movement**

<b>Essential Understandings</b>	<ul style="list-style-type: none"> <li>▪ Competency in motor skills enhances the ability to participate in physical activities and establishes a foundation for life long wellness.</li> </ul>
<b>Essential Questions</b>	<ul style="list-style-type: none"> <li>▪ How can skills be combined skills in small groups?</li> <li>▪ How are movement patterns used?</li> </ul>
<b>Essential Knowledge</b>	<ul style="list-style-type: none"> <li>▪ Different skills (eg.: manipulative, locomotor skills in combination) are used in small group games.</li> <li>▪ Combining changes in level, direction and pathways is necessary for movement activities.</li> </ul>
<b>Vocabulary</b>	<ul style="list-style-type: none"> <li>▪ <u>Terms:</u> <ul style="list-style-type: none"> <li>○ direction</li> <li>○ level</li> <li>○ pathway</li> <li>○ technique</li> <li>○ opposition</li> <li>○ force</li> <li>○ chase</li> <li>○ flee</li> <li>○ dodge</li> <li>○ skip</li> <li>○ balance</li> <li>○ strike</li> </ul> </li> </ul>
<b>Essential Skills</b>	<ul style="list-style-type: none"> <li>▪ Chase, flee, and dodge.</li> <li>▪ Demonstrate correct technique for a variety of locomotor skills.</li> <li>▪ Create movement patterns in a variety of settings.</li> <li>▪ Show how one’s body can absorb force.</li> <li>▪ Demonstrate correct body position when landing.</li> </ul>
<b>Related Maine Learning Results</b>	<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.  c. Demonstrate how body position can be changed to absorb force and decrease risk for injury.  2. Movement Skills  Students demonstrate a variety of locomotor skills and manipulative skills.  b. Demonstrate locomotor and manipulative skills in combination using changes in direction, level, or pathway.</p>
<b>Sample</b>	<ul style="list-style-type: none"> <li>▪ Tumbling/gymnastics</li> </ul>

**Physical Education  
Unit 2: Movement**

<p><b>Lessons And Activities</b></p>	<ul style="list-style-type: none"> <li>▪ Locomotor movements</li> <li>▪ Team activities</li> <li>▪ Dance</li> <li>▪ Individual activities</li> </ul>
<p><b>Sample Classroom Assessment Methods</b></p>	<ul style="list-style-type: none"> <li>▪ Teacher/peer observation</li> <li>▪ Checklist</li> <li>▪ Self-evaluation</li> </ul>
<p><b>Sample Resources</b></p>	<ul style="list-style-type: none"> <li>▪ <u>Other Resources</u> <ul style="list-style-type: none"> <li>○ posters, charts</li> <li>○ variety of equipment</li> <li>○ pedometers</li> <li>○ heart monitor</li> <li>○ community resources</li> </ul> </li> <li>▪ <u>Web Sites</u> <ul style="list-style-type: none"> <li>○ <a href="http://www.americanheart.org">http://www.americanheart.org</a></li> <li>○ <a href="http://www.pecentral.org/">http://www.pecentral.org/</a></li> </ul> </li> </ul>

approved fall 2013