

**Physical Education  
Unit 2: Movement**

<p><b>Essential Understandings</b></p>	<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>
<p><b>Essential Questions</b></p>	<ul style="list-style-type: none"> <li>▪ What are ways to apply combination skills using various strategies?</li> <li>▪ What are ways to apply these strategies in small groups?</li> </ul>
<p><b>Essential Knowledge</b></p>	<ul style="list-style-type: none"> <li>▪ Independently applying locomotor skills, change of direction, levels, force, center of gravity, line of gravity and pathways are necessary in individual and team sports/activities.</li> <li>▪ Understanding concepts of acceleration, deceleration will decrease risk of injury.</li> <li>▪ Understanding of skill-related fitness components creates healthy activities.</li> <li>▪ Practice is important to skill building and achievement.</li> <li>▪ Recognize fundamental components and strategies of movement are necessary for simple games and activities.</li> </ul>
<p><b>Vocabulary</b></p>	<ul style="list-style-type: none"> <li>▪ <u>Terms:</u> <ul style="list-style-type: none"> <li>○ Center of gravity</li> <li>○ Line of gravity</li> <li>○ Dynamic balances</li> <li>○ Force</li> <li>○ Speed and mass</li> <li>○ Coordination</li> <li>○ Agility</li> <li>○ Balance</li> <li>○ Deceleration</li> <li>○ Acceleration</li> </ul> </li> </ul>
<p><b>Essential Skills</b></p>	<ul style="list-style-type: none"> <li>▪ Demonstrate a variety of movements that applies stability and force.</li> <li>▪ Demonstrate a variety of locomotor skills and manipulative skills.</li> <li>▪ Identify the skills related fitness components of balance, coordination, agility, and speed.</li> <li>▪ Describe why practice is important to skill improvement.</li> </ul>
<p><b>Related Maine Learning Results</b></p>	<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.</p>

**Physical Education  
Unit 2: Movement**

	<p>b. Show how increasing speed and mass can change the force on an object.</p> <p>2. Movement Skills Students demonstrate a variety of locomotor skills and manipulative skills.</p> <p>a. Demonstrate correct technique for a variety of manipulative skills.</p> <p>b. Demonstrate locomotor and manipulative skills in combination using changes in direction, level, or pathway.</p> <p>3. Skill-Related Fitness Components Students identify the skill-related fitness components of balance, coordination, agility, and speed.</p> <p>4. Skill Improvement</p>
<p><b>Sample Lessons And Activities</b></p>	<ul style="list-style-type: none"> <li>▪ Gymnastics</li> <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 observation</li> <li>▪ Self-evaluation</li> <li>▪ Checklist</li> <li>▪ Peer observation; pairs or small groups</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">www.americanheart.org</a></li> <li>○ <a href="http://www.brunswick.k12.me.us/curriculum">www.brunswick.k12.me.us/curriculum</a></li> </ul> </li> </ul>

approved fall 2013