

**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 is personal space? ▪ How can one control his/her body when moving in space? ▪ How many ways can one move the body?
Essential Knowledge	<ul style="list-style-type: none"> ▪ Awareness of personal space is an important safety skill. ▪ Controlling movement in space is an important safety skill. ▪ Movement can be done in a variety of ways. ▪ Physical activity can be enjoyable. ▪ Jumping, sliding, hopping, and galloping are necessary for movement activities.
Vocabulary	<ul style="list-style-type: none"> ▪ <u>Terms:</u> <ul style="list-style-type: none"> ○ over/under ○ on/off ○ near/far ○ in front of/behind ○ between ○ leading/following ○ personal/self space ○ general space ○ directions ○ levels ○ straight ○ curved ○ zigzag ○ body parts ○ jump ○ hop ○ gallop ○ slide ○ roll ○ kick
Essential Skills	<ul style="list-style-type: none"> ▪ Demonstrate walking and running using mature form. ▪ Change direction quickly in response to a signal. ▪ Kick a stationary ball. ▪ Drop and catch a ball. ▪ Identify and use a variety of concepts in relationship with objects (e.g., over, under, behind, alongside, through).
Related	<p><u>Health and Physical Education</u> G. Movement/Motor Skills and Knowledge 2. Movement Skills Students demonstrate a variety of locomotor skills.</p>

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<p>Maine Learning Results</p>	<p>a. Demonstrate correct technique for a variety of locomotor skills. b. Demonstrate a locomotor skill applying changes in direction, level and/or pathway.</p>
<p>Sample Lessons And Activities</p>	<ul style="list-style-type: none"> ▪ Aerobic warm ups ▪ Locomotor/movement concepts ▪ Obstacle courses ▪ 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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