Unit 1 Loco Motor Movements

Content Area: **Physical Education and Health**
Course(s): **Physical Education/Health**
Time Period: **September**
Length: **4 weeks**
Status: **Published**

Enduring Understandings

Loco motor skills form the foundation of gross motor coordination and involve large muscle movement.

Students will understand that loco motor skills include but not limited to walking, jogging, hopping, jumping, galloping, sliding, and skip.

Students will understand that non-loco motor skills include but not limited to bending, stretching, curling, twisting, swinging, or shaking.

Essential Questions

What are loco motor skills?

What are non-loco motor skills?

Skills

Develop and maintain loco motor skills: walking, jogging, hopping, jumping, galloping, sliding, and skip.

Develop and maintain non-loco motor skills: bending, stretching, curling, twisting, swinging, or shaking.

Demonstrates mature walking form and maintains a rhythmic pattern when stationary.

Demonstrates stability while jumping, walking, and standing and stopping movement.

Demonstrates movement concepts of space, directionality, levels, pathways, force, speed, and relationships, while performing loco motor skills.

Standards

HPE.2.5.2	All students will utilize safe, efficient, and effective movement to develop and maintain a healthy, active lifestyle.
HPE.2.5.2.A	Movement Skills and Concepts
HPE.2.5.2.A.1	Explain and perform movement skills with developmentally appropriate control in isolated settings (i.e., skill practice) and applied settings (i.e., games, sports, dance, and recreational activities).
HPE.2.5.2.A.2	Demonstrate changes in time, force, and flow while moving in personal and general space at different levels, directions, ranges, and pathways.
HPE.2.5.2.A.3	Respond in movement to changes in tempo, beat, rhythm, or musical style.
HPE.2.5.2.A.4	Correct movement errors in response to feedback.
HPE.2.5.2.A.CS1	Understanding of fundamental concepts related to effective execution of actions provides the foundation for participation in games, sports, dance, and recreational activities.
HPE.2.6.2	All students will apply health-related and skill-related fitness concepts and skills to develop and maintain a healthy, active lifestyle.
HPE.2.6.2.A	Fitness and Physical Activity
HPE.2.6.2.A.CS1	Appropriate types and amounts of physical activity enhance personal health.

Assessments

Teacher Observation
Formative: Other Evidence:Other: Teacher Observation