Unit 1 Loco motor movements

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

Essential Questions

How will loco motor and non-loco motor skills help me before participating in an activity?

Which activities will use more than one of the skills?

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.

Skills

Perform stretching activities before engaging in physical activities.

Perform activities using a variety of loco motor and non-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.CS1	Understanding of fundamental concepts related to effective execution of actions provides the foundation for participation in games, sports, dance, and recreational activities.

Assessent

Refinement of loco & non loco motor activities
Formative: Other Evidence:Other: Teacher Observation