Unit 2 Manipulative Skills

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

Enduring Understandings

Manipulative skills develop coordination skills in a variety of activities.

Manipulative skills are not just applied in sports.

Activities such as but not limited to yoga and karate involve manipulative skills and are not organized sports

Essential Questions

What manipulative skills can I do to become more coordinated?

Why learn manipulative skills if I do not plan to play competitive sports?

Skills

Develop catching, kicking, throwing and striking skills.

Maintain coordination through manipulative 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.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.1	Explain the role of regular physical activity in relation to personal health.
HPE.2.6.2.A.CS1	Appropriate types and amounts of physical activity enhance personal health.

Assessments

Refinement of manipulative skills

Formative: Other Evidence:Other: Teacher Observation