

# Unit 2: Movement Concepts

Content Area: **Unified Arts**  
Course(s): **Physical Education 1**  
Time Period: **September**  
Length: **10 Days**  
Status: **Published**

## Unit Summary

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During this unit, students will demonstrate locomotor skills (walking, jogging, running, sliding, hopping, leaping, jumping, skipping, galloping) with emphasis on self and spacial awareness. In addition, students will demonstrate the ability to perform safely along with understanding the importance of physical exercise. As students participate in activities throughout the unit, they will receive positive and/or corrective feedback to improve their skills. By the end of the unit, students will have an understanding of locomotor skills as it relates to self and spatial awareness.

## Student Learning Objectives

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Students will learn...

- different movement patterns.
- spatial awareness.
- how to correct movements.
- to move at different speeds, levels and pathways.

## Essential Questions

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- How can movement skills aid in the development of a healthy lifestyle?
- What do you think are appropriate and safe ways to move?
- Why is it important to travel safely?
- Why is it important to be aware of your surroundings?

## Enduring Understandings

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Students will understand...

- they have to be aware of what is going on around them when moving in the gym.
- how traveling safely in an open space helps keep all participants healthy.
- appropriate ways to contol their bodies while moving.

## Application

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Students will be able to independently use their learning to...

- move around the gym using different speeds, locomotor movements, levels, and pathways, while keeping themselves and others safe.

## **Skills**

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Students will be skilled at...

- understanding when it is the appropriate time to change speeds, levels, pathways and movements to be effective in all activities/games during class.

## **Resources**

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- Kidz Bop Music (iTunes)
- PE Central ([www.pecentral.org](http://www.pecentral.org))
- Prior Teacher Knowledge
- Teacher Created Rubric