

# Unit 2: Movement Concepts

Content Area: **Unified Arts**  
Course(s): **Physical Education 2**  
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 to...

- demonstrate locomotor skills (walking, jogging, running, sliding, hopping, leaping, jumping, skipping, galloping).
- demonstrate the ability to perform safely.
- understand the importance of physical exercise.

## 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 that...

- physical exercise is important.
- there are appropriate and safe ways to move.
- it is important to be aware of your surroundings when engaging in physical activity.

## Application

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

- engage in physical exercises safely.

- improve self and spatial awareness when engaging in physical activity.

## **Skills**

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Students will be skilled at...

- demonstrating locomotor skills (walking, jogging, running, sliding, hopping, leaping, jumping, skipping, galloping) with self and spatial awareness.

## **Resources**

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