

# K-2 Unit # 3: Manipulative Skills (K-2)

Content Area: **Phys. Ed.**  
Course(s): **Generic Course**  
Time Period: **Generic Time Period**  
Length: **30**  
Status: **Published**

## Established Goals/Standards

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Please choose the appropriate Goals/Standards from the Standards tab above.

HE.K-2.2.1.2.A	Personal Growth and Development
HE.K-2.2.1.2.D	Safety
HE.K-2.2.1.2.E	Social and Emotional Health
HE.K-2.2.2.2	All students will develop and use personal and interpersonal skills to support a healthy, active lifestyle.
HE.K-2.2.2.2.C	Character Development
HE.K-2.2.5.2	All students will utilize safe, efficient, and effective movement to develop and maintain a healthy, active lifestyle.
HE.K-2.2.5.2.A	Movement Skills and Concepts
HE.K-2.2.5.2.C	Sportsmanship, Rules, and Safety
HE.K-2.2.6.2	All students will apply health-related and skill-related fitness concepts and skills to develop and maintain a healthy, active lifestyle.

## Enduring Understanding

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Please add your Enduring Understandings by clicking on the Lists tab above.

- Being constantly aware of the environment and taking safety precautions can reduce the risk of injury to oneself and others
- Developing competence and confidence in gross and fine motor skills provides a foundation for participation in physical activities
- Knowing and understanding concepts of movement will improve performance in a specific skill and provide the foundation for transfer of skills in a variety of sports and activities
- Performing movement skills in a technically correct manner improves overall performance and increases the likelihood of participation in lifelong physical activity
- Understanding that appropriate types and amounts of physical activity enhance personal health.

## Content

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- demonstrate the appropriate modifications of movement to experience a higher level of success during throwing, catching, bouncing, striking.
- Demonstrate various movement and manipulative skills (throw/catch) with developmentally appropriate control during games, dance and physical activity
- Develop spatial and coordination skills through movement and manipulative activities such as walking

on a balance beam, twirling a hoola hoop, buttoning and unbuttoning and tying laces

- Identify body parts (hands, feet, knees, head) that may be used to control different objects during various manipulative activities
- Manipulate objects (ball, beanbags, hoola hoops) with different parts of the body during skill practice
- Perform various movement and manipulative skills (kicking/striking) with developmentally appropriate control during skill practice
- Safely demonstrate basic throwing and catching skills to develop coordination

## **Resources**

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Please add your Resources by clicking on the Lists tab above.

- PE Websites
- State DOE Website
- Teacher Guides and Activity Books