

# K-2 Unit # 4: Movement Education- Locomotor/Nonlocomotor 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.	Understanding of fundamental concepts related to effective execution of actions provides the foundation for participation in games, sports, dance, and recreational activities.
HE.K-2.	Practicing appropriate and safe behaviors while participating in and viewing games, sports, and other competitive events contributes to enjoyment of the event.
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.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).
HE.K-2.2.5.2.A.2	Demonstrate changes in time, force, and flow while moving in personal and general space at different levels, directions, ranges, and pathways.
HE.K-2.2.5.2.A.3	Respond in movement to changes in tempo, beat, rhythm, or musical style.
HE.K-2.2.5.2.A.4	Correct movement errors in response to feedback.
HE.K-2.2.5.2.C.1	Explain what it means to demonstrate good sportsmanship.
HE.K-2.2.5.2.C.2	Demonstrate basic activity and safety rules and explain how they contribute to moving in a safe environment.

## **Essential Questions**

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Please add your Essential Questions by clicking on the Lists tab above.

- Can you demonstrate gross and fine motor skills (hopping, galloping, jumping, running and marching)
- Can you use objects and props to develop spatial awareness and coordination skills (throwing/catching balls, frisbees, twirling hoola hoops lacing and walking balance beams)
- How can all movement skills be applied in diverse settings and activities
- how can movement skills aid in the development of a healthy lifestyle
- how does regular activity promote wellness
- In what non athletic activities can we apply movement skills
- In what ways are our coordination challenged during physical activity
- what skills assist us in playing games

## **Enduring Understanding**

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

- Appropriate types and amounts of physical activity enhance personal health
- Being aware of the environment and taking safety precautions can reduce the risk of injury
- Current and future personal wellness is dependent upon applying health-related concepts and skills in everyday lifestyle behaviors
- Developing competence and confidence in gross and fine motor skills provides a foundation for participation in physical activity
- 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

## **Content**

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- Demonstrate basic activity and safety rules and explain how they contribute to stationary movement in a safe environment.
- Demonstrate basic activity and safety rules when refining nonlocomotor skills
- Demonstrate changes in time, force and flow while moving in self-space
- Demonstrate movement in self space at different levels, directions and ranges while correcting movement errors in response to teacher feedback
- Develop and refine stationary gross motor skills while in self-space (twisting, bending)
- Explain the role that nonlocomotor skills play in regular physical activity in relation to personal health

## **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