

K-2 Unit # 1: Movement Education/Rhythm (K-2)

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

Established Goals/Standards

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

HE.K-2.	Using personal safety strategies reduces the number of injuries to self and others.
HE.K-2.2.1.2	All students will acquire health promotion concepts and skills to support a healthy, active lifestyle.
HE.K-2.2.2.2	All students will develop and use personal and interpersonal skills to support a healthy, active lifestyle.
HE.K-2.2.5.2.A	Movement Skills and Concepts
HE.K-2.2.5.2.B	Strategy
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.

Essential Questions

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

- What are the consequences (especially unforeseen) of our choices in terms of wellness?
- What is the difference between healthy and unhealthy risks?
- Why do I have to show good sportsmanship and follow the rules when others do not?
- How can you learn to like yourself and others?
- How do I develop an appropriate personal fitness program and find the motivation to commit to it?
- How do I overcome negative influences when making decisions about my personal health?
- How does effective and appropriate movement affect wellness?
- In order to achieve lifetime wellness, what should I plan for and what should I just let happen?
- To what extent does strategy influence performance in competitive games and activities?
- What is the minimum amount of exercise I can do to stay physically fit?
- Why do I have to understand concepts of movement when I can already perform the movement?

Enduring Understanding

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

- Being consistently aware of the environment and taking safety precautions can reduce the risk of injury to oneself and others
- Current and future personal wellness is dependent upon applying health-related concepts and skills in

everyday lifestyle behaviors

- Decision-making can be affected by a variety of influences that may not be in a person's best interest.
- Developing and implementing a plan to reach realistic wellness goals increases the likelihood of reaching those goals
- Developing and implementing a program that utilizes appropriate training principles is necessary for lifetime fitness.
- Developing self esteem, resiliency, tolerance and coping skills support social and emotional health.
- Implementing effective offensive, defensive and cooperative strategies is necessary for all players to be successful in game situations.
- In order for all participants and spectators to experience the maximum benefit from games and sports, everyone must demonstrate knowledge and commitment to sportsmanship, rules and safety guidelines
- 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 fitness concepts and skills and integrating them into your everyday routine supports wellness. ☐ Physical fitness is the ability of your whole body to work together efficiently to be able to do the most work with least amount of effort

Content

- Corrects movement in response to feedback provided by both teachers and peers. 2 (2.5.2.A.4)
- Demonstrate appropriate control while moving in personal and general space.(i.e. game, physical activity, dance) 1 (2.5.2.A.1, 2.5.2.A.2)
- Demonstrate levels, direction, ranges and pathways in a controlled and applied setting. K (2.5.2.A.1, 2.5.2.A.2)
- Develop and refine basic gross motor skills (i.e. walking, jogging, jumping). K (2.5.P.A.1)
- Explain and demonstrate how basic movement and safety play a role in movement activity. 1 (2.5.2.C.2)
- Identify and demonstrate that movement skills can be modified according to the change in music (i.e. tempo, beat, rhythm, and musical style). 2 (2.5.2.A.2, 2.5.2.A.3)
- Respond to a change in tempo, beat, rhythm, and musical style while performing in time, and with appropriate force and flow. 1 (2.5.2.A.3, 2.5.2.A.2)
- Understand basic gross motor skills leads to the foundation for regular physical activity. 2 (2.6.2.A.1, 2.5.P.A.1)
- Utilize refined gross motor skills in an applied setting. 2 (2.5.2.A.1)

Resources

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

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

