

# 3-5 Unit # 1: Movement Education/ Rhythm (3-5)

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.

HPE.2.5.4.A.1	Explain and perform essential elements of movement skills in both isolated settings (i.e., skill practice) and applied settings (i.e., games, sports, dance, and recreational activities).
HPE.2.5.4.A.2	Use body management skills and demonstrate control when moving in relation to others, objects, and boundaries in personal and general space.
HPE.2.5.4.A.3	Explain and demonstrate movement sequences, individually and with others, in response to various tempos, rhythms, and musical styles.
HPE.2.5.4.A.4	Correct movement errors in response to feedback and explain how the change improves performance.
HPE.2.5.4.A.CS2	Ongoing feedback impacts improvement and effectiveness of movement actions.
HPE.2.6.4.A.1	Determine the physical, social, emotional, and intellectual benefits of regular physical activity.
HPE.2.6.4.A.2	Participate in moderate to vigorous age-appropriate activities that address each component of health-related and skill-related fitness.

## Essential Questions

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

- How do motor skills and movement concepts relate to the activities or games played
- How does your movement affect performance
- What changes happen to my body when I'm physically active
- Why are skills and game knowledge important to participate in physical activities/sports
- Why is it important to have strong muscles
- Why is it necessary to develop sport specific skills to be successful in a game
- Why is the development of motor skills essential during childhood

## Enduring Understanding

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

- Efficient movement improves performance
- Motor skills and movement concepts are used during physical activity, sports, and everyday activities throughout life.
- Physical activity involves using motor skills and knowledge of movement concepts10

- Physical activity, sports, dance, and/or rhythms can provide opportunities for personal enjoyment, self-expression, challenge and social interaction
- To be successful in game like settings one must have mature motor skills specific to the sport and a knowledge of basic game strategies

## **Content**

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- Demonstrate appropriate control when engaging in game, activity, or dance in various applied settings
- Demonstrate a synchronized group rhythmic activity that engages students in moderate to vigorous physical activity
- Demonstrates essential elements of movement while performing non locomotor and locomotor activities
- Explain how executing essential elements of movement may affect one's personal health and fitness
- Explain how the correction of movement errors in response to teacher/peer feedback will improve movement in games, activities and dance
- Perform essential elements of movements in a rhythmic activity

## **Resources**

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

- PE Books
- PE Conventions
- Physical Education websites
- State DOE Website
- Teacher Guides and Activity Books