Unit 1a-Foundation, Rules, Procedures Cooperative Learning

Content Area: **P.E. & Health**
Course(s): **Phys. Ed. 1**
Time Period: **Marking Period 1**
Length: **MP1**
Status: **Published**

Essential Question

What types of behavior could be categorized as teamwork?

How can we create a caring and positive environment in PE?

Big Ideas

Teamwork consists of effective communication and respect among class and team members.

The ability to move and perform at different levels and different types and amounts of physical activity enhance personal health.

CRLLKS- 21st Century

9.1.2.RM.1: Describe how valuable items might be damaged or lost and ways to protect them.

Activity: After discussion about treating the equipment respectively, students model how to distribute and clean up the equipment

CSDT Technology Connection

• 8.2.2.ITH.3: Identify how technology impacts or improves life.

• 8.2.2.ITH.4: Identify how various tools reduce work and improve daily tasks

Enduring Understandings

2.2 Physical Wellness

2.2.2.MSC.6: Execute appropriate behaviors and etiquette while participating in and viewing activities, games, sports, and other events to contribute to a safe environment.

2.2.2.MSC.7: Demonstrate kindness towards self and others during physical activity to create a safe and caring environment.

2.2.2.PF.1: Explain the benefits of regular physical activity and what it means to be physically fit in relation to personal health. (e.g., healthy heart, strong bones, increased energy, strong muscles).

• 2.2.2.PF.3: Engage in moderate to vigorous age-appropriate physical movement and physical activities that promote movement (e.g., games, challenges, team building).

• 2.2.2.PF.4: Demonstrate strategies and skills that enable team and group members to achieve goals.