Unit 1b-Locomotion and Parachute

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

Essential Questions

What are 6 types of locomotion?

Big Ideas

Competent and confident age appropriate performances of gross, fine motor and manipulative skills, with execution of movement skills and concepts individually and in groups enhance (intensifies) physical activities. free movement, games, aerobics, dance, sports, and recreational activities.

Cross Curricular Integration

Integration Area: Science

ESS1.B Seasonal patterns of sunrise and sunset can be observed, described, and predicted.

2.5.2.A.1 Explain and perform movement skills that combine mechanically correct movement in smooth flowing sequences in isolated settings

Activity:

I See Game using different movements to imitate the pattern of the sun's movement

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

2.2.5.MSC.2: Explain and demonstrate movement sequences, individually and with others, in response to various tempos, rhythms, and musical styles

2.2.5.MSC.5: Correct movement skills and analyze concepts in response to external feedback and self-evaluation with understanding and demonstrating how the change improves performance.