Unit 3a-Jumping and Scooters

Content Area: **P.E. & Health**
Course(s): **Phys. Ed. 1**
Time Period: **Marking Period 3**
Length: **MP3**
Status: **Published**

Essential Question

What are the steps to a successful jump

How does keeping one's balance help with the distance you can jump?

Big Ideas

Feedback impacts and improves the learning of movement skills and concepts.

Exploring wellness components provide a foundational experience of physical movement activities

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

2.2.5.LF.2: Develop a movement vocabulary that is flexible and adaptable for personal physical activity and wellness.