Unit 1c-Dodging, Fleeing, Locomotion

Content Area: **P.E. & Health**
Course(s): **Phys. Ed. 2**
Time Period: **Marking Period 1**
Length: **MP1**
Status: **Published**

Essential Question

What is dodging?

What are the five examples of locomotion?

Big Ideas

- The body moves with confidence in a variety of the age appropriate performances of gross, fine, locomotor, non-locomotor, and manipulative skills as it relates to movements, concepts, games, aerobics, dance, sports, and recreational activities.
- The ability to move and perform at different levels and different types and amounts of physical activity enhance personal health.

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

Movement Skills and Concepts

2.2.2.MSC.2: Differentiate non-locomotor and locomotor movements as well transferring body weight (e.g., stretching, bending, twisting, curling).

2.2.2.MSC.3: Demonstrate manipulative movements (e.g., throwing, catching, dribbling, running, kicking)

while moving in personal and general space, time, directions, pathways and ranges. • 2

.2.2.MSC.4: Differentiate manipulative movements (e.g., throwing, catching, dribbling).

Physical Fitness

2.2.2.PF.2: Explore how to move different body parts in a controlled manner.