Unit 1a-Rules, Procedures and Cooperative Learning

Content Area: **P.E. & Health**
Course(s): **Phys. Ed. 3**
Time Period: **Marking Period 1**
Length: **MP1**
Status: **Published**

Essential Question

Why are rules important?

How do rules keep us safe?

Big Ideas

- Teams apply offensive, defensive, and cooperative strategies in most games, sports, and physical activities.

  The components of fitness contribute to enhanced personal health as well as motor skill performance (e.g., speed, agility, endurance, strength, balance).

  Wellness is maintained, and gains occur over time (dimensions and components of health) when participating and setting goals in a variety of moderate to vigorous age appropriate physical activities.

Career Readiness

8.1.5.NI.2 Describe physical and digital security measures for protecting sensitive personal information

Activity: Before reading the message on the Smart TV, discuss logging in, and different security measures on lap tops, different companies hired to keep personal information safe through monitoring

Cross Curricular Integration

Integration Area: Science

3-LS2.D Being part of a group helps animals obtain food, defend themselves, and cope with changes. Groups may serve different functions and vary dramatically in size. 3-LS3.A Many characteristics of

organisms are inherited from their parents

2.5.4.C.1 Summarize the characteristics of good sportsmanship and demonstrate appropriate behavior as both a player and an observer.

2.5.4.C.2 Apply specific rules and procedures during physical activity and explain how they contribute to a safe active environment.

Activity:

Animal Fact Race Review Game- Teams of 4 are made. Each team member takes a turn running to the center and stealing a question. The team works together to answer the question. When answered correctly, the next person takes a turn racing to the center for a question. Team with the most answered questions wins.

CSDT Technology Connection

• 8.1.5.IC.1: Identify computing technologies that have impacted how individuals live and work and describe the factors that influenced the changes.

• 8.1.5.IC.2: Identify possible ways to improve the accessibility and usability of computing technologies to address the diverse needs and wants of users.

Enduring Understandings

2.2 Physical Wellness

Movement Skills and Concepts

2.2.5.MSC.6: Execute appropriate behaviors and etiquette while participating as a player and viewing as an observer during physical activity, games, and other events, contributes to a safe environment.

2.2.5.MSC.7: Apply specific rules, strategies, and procedures for specific physical activity

Physical Fitness

2.2.5.PF.2: Accept and respect others of all skill levels and abilities during participation.

Lifelong Fitness

2.2.5.LF.1: Explain the need to engage in physical activities on a voluntary basis for emotional and physical enjoyment.

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