

# 2.2.2. MSC.1

PE Standard 2.2.2.MSCC.2

MP1 Locomotion and Parachute Unit

Ask each student to perform each of the following non-locomotor movements individually:

- Twisting - the rotation of a selected body part around its long axis
- Bending - moving a joint
- Swaying - fluidly and gradually shifting the center of gravity from one body part to another
- Stretching - moving body parts away from the center of gravity
- Turning - rotating the body along the long axis
- Swinging - rhythmical, smooth motion of a body part resembling a pendulum

## NON-LOCOMOTOR MOVEMENT

Exceeds = performs the correct action on 6 non-locomotor movements

Meets = performs the correct action on 4 - 5 non-locomotor movements

Approaches = performs the correct action on 3 non-locomotor movements

Begins = performs the correct action on less than 3 non-locomotor movements After warm-up activities, students will be asked to perform:

Twisting - the rotation of a selected body part around its long axis

2.2.2. MSC 2 + 2.2.2. M.S.C. 1

Bending - moving a joint Swaying - fluidly and gradually shifting the center of gravity from one body part to another Stretching - moving body parts away from the center of gravity Turning - rotating the body along the long axis Swinging - rhythmical, smooth motion of a body part resembling a pendulum KNOWLEDGE/PERFORMANCE Names Twist Bend Sway Stretch Turn Swing S

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