

Unit 1-Movement/Body awarness

Content Area: **Comprehensive Health and Physical Education**
Course(s): **Physical Education K, Physical Education 1, Physical Education 2**
Time Period: **Undefined**
Length: **2-4 weeks 40 minute classes**
Status: **Published**

Unit Overview

Physically educate students to understand movement concepts and principles.

Apply, practice, and refine movement skills

Essential Questions

What is movement?

Do we all move the same way?

Why do we follow rules?

How can we move safely?

Why do we move?

What different ways can the body move given a specific purpose?

How can I move effectively and efficiently?

What can I do to be physically active and why is this important?

Why is it important to be physically fit and how can I stay fit?

How do I interact with others during physical activity?

How will physical activity help me now and in the future?

Content

Competence and confidence in gross and fine motor skills

Foundation for participation in physical activities.

Teamwork consists of effective communication and other interactions between team members

Skills

Demonstrate personal and general space.

Perform a variety of movement skills (i.e., running, hopping, galloping, tossing, bouncing, catching, etc.).

Play games that support locomotive skills.

Practice balance Skills/safe space/levels (low,high,wide,small)

Practice static balancing: body parts balance, animal shapes

Practice dynamic balancing: loco-motor patterns, animal walks, shapes, line balance

Assessments

Students will perform movement skills with control.

Students will change rhythm, force and pathways in open space.

Observation-students respect the space of others.

Observation-students follow class rules and activity instructions.

Observation-students demonstrate skill competency during class.

Skill screening done in Fall and Spring.

Lessons/Learning Scenarios

Exploration activities, tag games, agility activities, self general space awareness, relationship words and phrases, explain verbal and visual cues, motor skills, non-motor skills.

Moving in space

Skill practice/locomotor and non locomotor

Directions and pathways

Levels of space

Stretching

Safety skills and concepts.

Standards

HE.K-2.	Health-enhancing behaviors contribute to wellness.
HE.K-2.	Understanding of fundamental concepts related to effective execution of actions provides the foundation for participation in games, sports, dance, and recreational activities.
HE.K-2.	Appropriate types and amounts of physical activity enhance personal health.
HE.K-2.	Teamwork consists of effective communication and other interactions between team members.
HE.K-2.2.1.2.D.1	Identify ways to prevent injuries at home, school, and in the community (e.g., fire safety, poison safety, accident prevention).
HE.K-2.2.5.2.A.1	Explain and perform movement skills with developmentally appropriate control in isolated settings (i.e., skill practice) and applied settings (i.e., games, sports, dance, and recreational activities).
HE.K-2.2.5.2.A.2	Demonstrate changes in time, force, and flow while moving in personal and general space at different levels, directions, ranges, and pathways.
HE.K-2.2.5.2.A.3	Respond in movement to changes in tempo, beat, rhythm, or musical style.
HE.K-2.2.5.2.A.4	Correct movement errors in response to feedback.
HE.K-2.2.5.2.B.1	Differentiate when to use competitive and cooperative strategies in games, sports, and other movement activities.
HE.K-2.2.5.2.C.1	Explain what it means to demonstrate good sportsmanship.
HE.K-2.2.5.2.C.2	Demonstrate basic activity and safety rules and explain how they contribute to moving in a safe environment.
HE.K-2.2.6.2.A.1	Explain the role of regular physical activity in relation to personal health.

Resources
