

# Unit 2-Movement/Football/Coordination

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 min classes**  
Status: **Published**

## Unit Overview

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## Essential Questions

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What are the skills and concepts necessary to successfully participate in loco-motor activities?

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

What are the essential skills and concepts necessary to participate in lead-up football activities and skill applications?

## Content

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Understanding of what the body does, where the body moves, how the body performs the movement and relationships that occur in movement

Understanding of physical activity concepts to developing movement sequences and game strategies

## Skills

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Demonstrate loco-motor skills

Practice animal walks

Demonstrate spatial awareness

Apply safety skills and concepts.

Practice hand/eye coordination

Practice throwing

Practice catching

## **Assessments**

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Skill Assessment

Teacher Observation

Cognitive Assessment

## **Lessons/Learning Scenarios**

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Loco-motor skills

Animal walks

Games/dodge/flow/following directions/tumble/rolls

Throwing

Catching

Apply safety skills

Flag tag

Lead up games

Modified game play

skills and drill practice

partner skill practice

## Standards

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HE.K-2.	Health-enhancing behaviors contribute to wellness.
HE.K-2.	Practicing appropriate and safe behaviors while participating in and viewing games, sports, and other competitive events contributes to enjoyment of the event.
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.	Understanding of fundamental concepts related to effective execution of actions provides the foundation for participation in games, sports, dance, and recreational activities.
HE.K-2.2.1.2.A.1	Explain what being "well" means and identify self-care practices that support wellness.
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.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

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