

Physical Education

Unit 10: Movement

Essential Understandings	Competency in motor skills enhances the ability to participate in physical activities and establishes a foundation for life long wellness.
Essential Questions	- How are combination skills applied using various strategies? - How are these strategies applied in small groups? - How are fundamental components recognized and strategies used in simple games and activities?
Essential Knowledge	- Participating in individual and team sports and activities, requires the independent application of locomotive skills, change of direction, levels, force, center of gravity, line of gravity and pathways. - The independent use of concepts needs to be applied in a variety of settings. - The concepts of acceleration and deceleration need to be understood to decrease the risk of injury. - Skill-related fitness components are part of physical activities. - Practice is important to skill improvement.
Vocabulary	<u>Terms:</u> - Point of contact - Principle of opposition - Point of release - Force - Speed - Coordination - Agility - Balance - Power - Stability
Essential Skills	- To demonstrate they can change their motion and the motion of objects by applying the principles of stability and force during skill practice. - To demonstrate motor skills and manipulative skills during drills or modified games/physical activities. - To describe the skill-related fitness components: balance, coordination, agility, speed, and power. - To explain how specific, positive, and correct feedback affect skill improvement.
Related Maine Learning Results	<u>Health and Physical Education</u> G. Movement/Motor Skills and Knowledge 1. Stability and Force Students change their motion and the motion of objects by applying the principles of stability and force during skill practice. a. Demonstrate the principle of opposition.

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	b. Demonstrate how the point of contact changes the path of an object c. Demonstrate how the point of release changes the path of an object d. Demonstrate lifts and actions that decrease risk for injury. 2. Movement Skills Students demonstrate motor skills and manipulative skills during drills or modified games/physical activities. a. Demonstrate correct technique for motor skills and manipulative skills during drills or modified games/physical activities. b. Combine manipulative skills with motor skills during drills or modified games/physical activities. 3. Skill-Related Fitness Components Students describe the following skill-related fitness components: balance, coordination, agility, speed, and power. 4. Skill Improvement Students explain how specific, positive, and correct feedback affect skill improvement.	
Sample Lessons And Activities	▪ Lead-up racquet game skills such as tennis and pickleball ▪ Individual sports skills: golf, ultimate Frisbee, track and field components ▪ Team activities/sports skills ▪ Individual fitness work-outs	
Sample Classroom Assessment Methods	▪ Teacher Observation ▪ Self-Evaluation ▪ Checklist ▪ Peer Observation; pairs or small groups	
Sample Resources	▪ <u>Other Resources</u> ○ posters, charts ○ variety of equipment ○ pedometers ○ heart monitor ○ community resources ▪ <u>Websites:</u> ○ www.pecentral.org ○ www.americanheart.org	

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