

**Brunswick School Department
Physical Education
Movement 5th grade**

Essential Understandings	<ul style="list-style-type: none"> ▪ Competency in motor skills enhances the ability to participate in physical activities and establishes a foundation for life-long wellness.
Essential Questions	<ul style="list-style-type: none"> ▪ What are ways to apply combination skills using various strategies? ▪ What are ways to apply these strategies in small groups?
Essential Knowledge	<ul style="list-style-type: none"> ▪ Independently applying locomotor skills, change of direction, levels, force, center of gravity, line of gravity and pathways are necessary in individual and team sports/activities. ▪ Understanding concepts of acceleration, deceleration will decrease risk of injury. ▪ Understanding of skill-related fitness components creates healthy activities. ▪ Practice is important to skill building and achievement. ▪ Recognize fundamental components and strategies of movement are necessary for simple games and activities.
Vocabulary	<ul style="list-style-type: none"> ▪ <u>Terms:</u> <ul style="list-style-type: none"> ○ Center of gravity ○ Line of gravity ○ Dynamic balances ○ Force ○ Speed and mass ○ Coordination ○ Agility ○ Balance ○ Deceleration ○ Acceleration
Essential Skills	<ul style="list-style-type: none"> ▪ Demonstrate a variety of movements that applies stability and force. ▪ Demonstrate a variety of locomotor skills and manipulative skills. ▪ Identify the skills related fitness components of balance, coordination, agility, and speed. ▪ Describe why practice is important to skill improvement.
Related Maine Learning Results	<p><u>Health and Physical Education</u></p> <p>G. Movement/Motor Skills and Knowledge</p> <p>1. Stability and Force</p> <p style="padding-left: 40px;">Students demonstrate a variety of movements that apply stability and force.</p> <p style="padding-left: 80px;">a. Demonstrate movements that change the center of gravity and line of gravity during dynamic balances.</p>

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	<p>b. Show how increasing speed and mass can change the force on an object.</p> <p>2. Movement Skills Students demonstrate a variety of locomotor skills and manipulative skills.</p> <p>a. Demonstrate correct technique for a variety of manipulative skills.</p> <p>b. Demonstrate locomotor and manipulative skills in combination using changes in direction, level, or pathway.</p> <p>3. Skill-Related Fitness Components Students identify the skill-related fitness components of balance, coordination, agility, and speed.</p> <p>4. Skill Improvement</p>	
Sample Lessons And Activities	<ul style="list-style-type: none"> ▪ Gymnastics ▪ Locomotor movements ▪ Team activities ▪ Dance ▪ Individual activities 	
Sample Classroom Assessment Methods	<ul style="list-style-type: none"> ▪ Teacher observation ▪ Self-evaluation ▪ Checklist ▪ Peer observation; pairs or small groups 	
Sample Resources	<ul style="list-style-type: none"> ▪ <u>Other Resources</u> <ul style="list-style-type: none"> ○ posters, charts ○ variety of equipment ○ pedometers ○ heart monitor ○ community resources ▪ <u>Web Sites</u> <ul style="list-style-type: none"> ○ www.americanheart.org ○ www.brunswick.k12.me.us/curriculum 	

Adopted: fall 2013