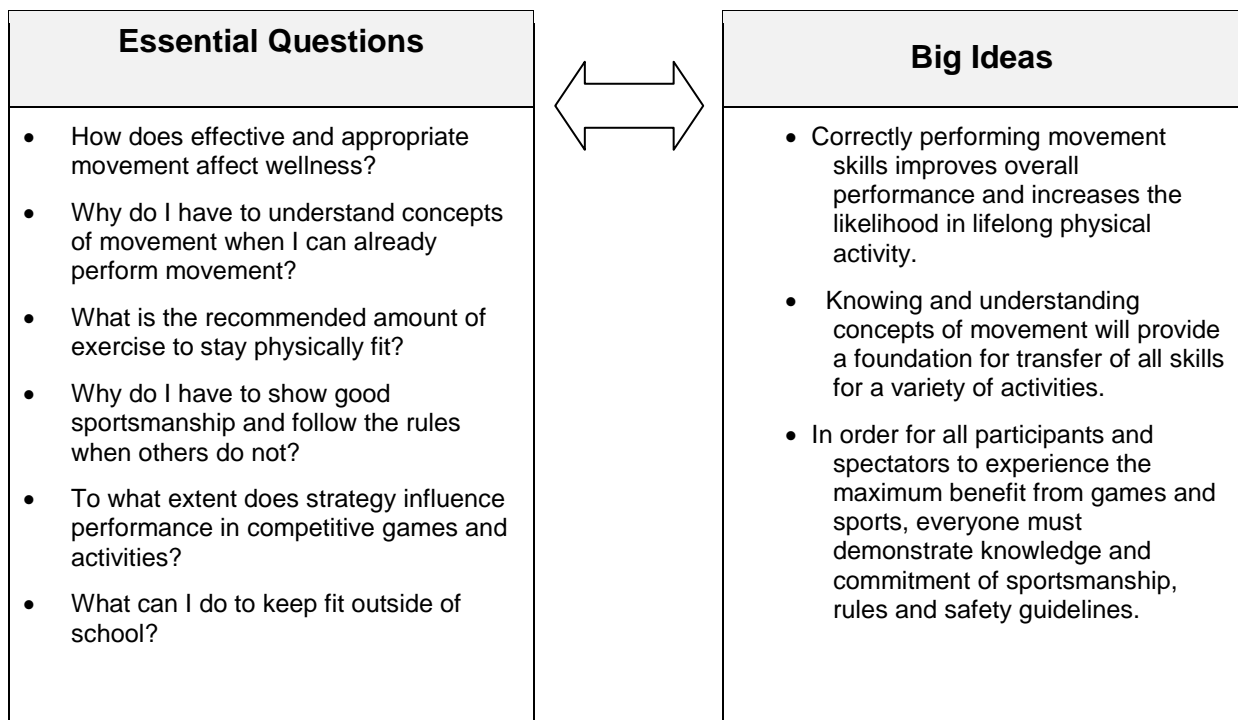


Grade K Physical Education

Title	Movement Skills and Concepts/Fitness and Physical Activity
21 st Century Themes	Health Literacy
Interdisciplinary focus and technology integration	<p>All students will develop competence and confidence in gross motor skills and provide a foundation for participation in physical activity.</p> <p>All students will apply health-related and skill related fitness concepts and skills to develop and maintain a healthy, active lifestyle.</p>

Stage 1: Integrate essential questions, big ideas and learning targets, and ensure it can be differentiated and assessed



Learning Targets-students will be able to;
<p>Students will be able to:</p> <p><u>Kindergarten</u></p> <ul style="list-style-type: none"> • Demonstrate a variety of the basic loco motor skills. • Demonstrate a variety of basic non loco motor movements. • Kick, throw, catch and strike objects under simple conditions. • Demonstrate use of movement concepts for directions, levels, pathways, and effort while performing loco motor skills. • Recognize that games have rules.

- Demonstrate the ability to work alone or in a small group without direct adult supervision.
- Demonstrate knowledge of flexibility by performing exercises that enhance proper flexibility in a variety of muscle groups.
- Sustain moderate to vigorous physical activity for short amounts of time.
- Identify the physiological signs of moderate physical activity.
- Recognize the appropriate sites on the body to efficiently monitor heart rate.
- Understand the relationship between physical activity and heart health.

Assessments: Teacher observation, student participation/ effort, preparation, oral responses, partner assessment, self assessment

Differentiation

Written work and artistic expression are used in the presentation and the assessment of the lesson.

Adjust length of lesson and equipment being used according to student abilities.

Stage 2: Backward planning: from the assessment to the learning activities through inquiry

Content Standards: 2.5 Motor Skills 2.6 Fitness

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).

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.

2.5.2.A.3 Respond in movement to changes in tempo, beat, rhythm, or musical style.

2.5.2.A.4 Correct movement errors in response to feedback.

2.5.2.B.1 Differentiate when to use competitive and cooperative strategies in games, sports, and other movement activities.

2.5.2.B.2 Explain the difference between offense and defense.

2.5.2.B.3 Determine how attitude impacts physical importance.

2.5.2.B.4 Demonstrate strategies that enable team members to achieve goals.

2.5.2.C.1 Explain what it means to demonstrate good sportsmanship.

2.5.2.C.2 Demonstrate basic activity and safety rules and explain how they contribute to moving in a safe environment.

2.6.2.A.1 Explain the role of regular physical activity in relation to personal health.

2.6.2.A.2 Explain what it means to be physically fit and engage in moderate to vigorous age-appropriate activities that promote fitness.

2.6.2.A.3 Develop a fitness goal and monitor progress towards achievement of the goal.

Learning Experiences

Locomotion Skills	Lead up games
Use of manipulatives	Fitness
Rhythmic skills	Partner activities
Creative Play	Cooperative games
Tagging Games	Apparatus
Stations	Jumping Rope
Relays	Simple games

Teaching Strategies

Convergent
Divergent
Guided Discovery
Inclusion
Reciprocal
Command
Self Check

Resources: PE Central, PE game manuals, workshops, teaching physical education textbooks