

2.5.8A(3/1/12) Graphic Organizer

Standard: 2.5 Motor Skill Development: All students will utilize safe, efficient, and effective movement to develop and maintain a healthy, active lifestyle

A). Movement Skills and Concepts

Grades 5-8

Time Frame: 2 weeks (September)

Essential Questions	Enduring Understandings	Activities and Student Experiences
<p>How does effective and appropriate movement affect wellness?</p> <p>What factors influence skill performance?</p> <p>How does the acquisition of skills effect performance in isolated and applied settings?</p>	<p>Correct performance of movement skills will increase the likelihood of participation in lifelong physical activity.</p> <p>Proper instruction, physical/mental practice, giving/receiving correct feedback impacts performance.</p> <p>Learning how to detect and correct performance errors allows for the refinement of movement skills in practice and applied setting.</p>	<p>* Heights and Weights: Measure student's heights and weights and discuss the importance of a healthy lifestyle</p> <p>* Begin fitness training with 7th and 8th grade by preparing them for the mile run to be completed by the end of the first marking period.</p> <p>* Begin fitness training with 5th and 6th grade by reinforcing proper stretches, sit-ups, and squat thrusts.</p>
Content Statements	Cumulative Progress Indicators	

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Content: Movement skill performance is primarily impacted by the quality of instruction, practice, assessment, feedback, and effort.

- 2.5.8.A.1. Explain and demonstrate the transition of movement skills from isolated settings (i.e., skill practice) into applied settings (i.e., games, sports, dance, and recreational activities).
- 2.5.8.A.2. Apply the concepts of force and motion (weight transfer, power, speed, agility, range of motion) to impact performance.
- 2.5.8.A.3. Create, explain, and demonstrate, as a small group, a planned movement sequence that includes changes in rhythm, tempo, and musical style (creative, cultural, social, and fitness dance).
- 2.5.8.A.4. Detect, analyze, and correct errors and apply to refine movement skills.

<p style="text-align: center;">Desired Results</p> <ul style="list-style-type: none"> *Students will demonstrate appropriate competence in performing motor skills/patterns. *Students will be able to understand movement skills and concepts by participation, demonstration and effective communication. *Students will understand the purpose of feedback to improve skill/game performance. *Students understand why participation in regular physical activity improves wellness. *Students will perform positive peer evaluation. 	
<p>Assessment</p> <ul style="list-style-type: none"> *Self /Group Assessment *Rubrics (refer to Sport Education materials) *Video Assessment *Portfolios (to include personal goal setting) *Teacher Observation *Skills Checklists *Journals 	<p>Teacher Resources</p> <ul style="list-style-type: none"> “Best New Games” (Dale LeFevre, 2002) SPARK Curriculum (www.sparkpe.org) CATCH Curriculum (www.catchinfo.org) “Complete Guide to Sport Education,” Siedentop, Hastie, Van Der Mars, 2011, Human Kinetics “Sport Foundations for Elementary Physical Education: A Tactical Games Approach,” Mitchell, Oslin, Griffin,

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To show evidence of meeting this standard, students may:

Understand and demonstrate correct movement skills through teacher observation, peer and self evaluation rubrics.

Equipment Needed

Sport equipment specific to sport activity
Sport Education Model Unit paperwork
"Word Wall"
Audio equipment
Fitness equipment for routines

2003, Human Kinetics

"Achieving Fitness-An Adventure Activity Guide,"

Panicucci, Project Adventure,2008, Human Kinetics

"FitnessGram&ActivityGram," Meredith/Welk, Human Kinetics

"Essentials of Team Building," Glover/Midura, Human Kinetics

"Performance-Based Assessment for Middle/High School Physical Education," Lund/Kirk, Human Kinetics

"Professional&Student Portfolios for Physical Education," Melograno, Human Kinetics

Websites:

www.aahperd.org

www.naspe.org (toolbox)

www.njahperd.org

www.pelinks4u.org

www.sparkpe.org

www.actionforhealthykids.org

www.humankinetics.com

www.pcentral.org

www.peuniverse.com

www.tes.co.uk