

Stage 1 – Desired Results

Related standard(s):

- 2.5.4.A.1
- 2.5.4.A.2
- 2.5.4.A.3
- 2.5.4.A.4
- 2.5.4.B.1
- 2.5.4.B.2
- 2.5.4.C.1
- 2.5.4.C.2

Transfer

Students will be able to independently use their learning to...

- All students will utilize safe, efficient, and effective movement to develop and maintain a healthy, active lifestyle.

Meaning

Enduring Understandings (EUs)

Students will understand that...

- Research shows that people who participate in regular physical activity, no matter what the form, are more likely to do so because they feel comfortable and competent in movement skills.
- Skill development involves an understanding of movement concepts, the underlying principles of physics, as a means to analyze movement performance and make adjustments.
- Implementing movement principles such as space, speed, force, projection or tempo makes movement more effective and more interesting.

Essential Questions (EQs)

Students will keep considering...

- How can understanding movement concepts improve my performance?
- How can I make movement more interesting, fun, and enjoyable?
- How does my use of movement influence that of others?
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Grade Level Benchmarks

Knowledge

Students will know...

- Understanding of fundamental concepts related to effective execution of actions provides the foundation for participation in games, sports, dance, and recreational activities.
- Ongoing feedback impacts improvement and effectiveness of movement actions.
- Offensive, defensive, and cooperative strategies are applied in most games, sports, and other activity situations.
- Practicing appropriate and safe behaviors while participating in and viewing games, sports, and other competitive events contributes to enjoyment of the event.

Skills

Students will be able to...

- Explain and perform [essential elements of movement skills](#) in both isolated settings (i.e., skill practice) and applied settings (i.e., games, sports, dance, and recreational activities).
- Use body management skills and demonstrate control when moving in relation to others, objects, and boundaries in personal and general space.
- Explain and demonstrate movement sequences, individually and with others, in response to various tempos, rhythms, and musical styles.
- Correct movement errors in response to feedback and explain how the change improves performance.
- Explain and demonstrate the use of basic offensive and defensive strategies (e.g., player positioning, faking, dodging, creating open areas, and defending space).
- Acknowledge the contributions of team members and choose appropriate ways to motivate and celebrate accomplishments.
- Summarize the characteristics of good sportsmanship and demonstrate appropriate behavior as both a player and an observer.
- Apply specific rules and procedures during physical activity and explain how they contribute to a safe active environment.

Stage 1 – Desired Results

Related standard(s):

- 2.6.4.A.1
- 2.6.4.A.2
- 2.6.4.A.3
- 2.6.4.A.4

Transfer

Students will be able to independently use their learning to...

- Apply health-related and skill-related fitness concepts and skills to develop and maintain a healthy, active lifestyle.

Meaning

Enduring Understandings (EUs)

Students will understand that...

- Children who regularly participate in physical activity tend to stay active throughout their lives.
- While there are immediate benefits including maintaining a healthy weight, feeling more energetic, and promoting a better outlook, participating in team and individual sports and other forms of physical activity can boost self-confidence, provide opportunities for social interaction, and offer a chance to have fun.
- In the long term, regular physical activity can help prevent heart disease, diabetes, and other medical problems later in life.
- Getting active and staying active is a key component of a healthy lifestyle.

Essential Questions (EQs)

Students will keep considering...

- Why is it so difficult to become healthy and physically fit?
- Why is it even harder to stay healthy and physically fit?
- How can I set challenging fitness goals that help me stay committed to wellness?

Grade Level Benchmarks

Knowledge

Students will know...

- Each component of fitness contributes to personal health as well as motor skill performance.

Skills

Students will be able to...

- Determine the physical, social, emotional, and intellectual benefits of regular physical activity.
- Participate in moderate to vigorous age-appropriate activities that address each component of health-related and [skill-related fitness](#).
- Develop a [health-related fitness](#) goal and track progress using health/fitness indicators.
- Determine the extent to which different factors influence personal fitness, such as heredity, training, diet, and technology.