

**Stage 1 – Desired Results**

<p><i>Related standard(s):</i></p> <p>2.5.6.A.1 2.5.6.A.2 2.5.6.A.3 2.5.6.A.4 2.5.6.B.1 2.5.6.B.2 2.5.6.C.1 2.5.6.C.2 2.5.6.C.3</p>	<b>Transfer</b>	
	<p><i>Students will be able to independently use their learning to...</i></p> <ul style="list-style-type: none"> <li>All students will utilize safe, efficient, and effective movement to develop and maintain a healthy, active lifestyle.</li> </ul>	
	<b>Meaning</b>	
	<b>Enduring Understandings (EUs)</b>	<b>Essential Questions (EQs)</b>
	<p><i>Students will understand that...</i></p> <ul style="list-style-type: none"> <li>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.</li> <li>Skill development involves an understanding of movement concepts, the underlying principles of physics, as a means to analyze movement performance and make adjustments.</li> <li>Implementing movement principles such as space, speed, force, projection or tempo makes movement more effective and more interesting.</li> </ul>	<p><i>Students will keep considering...</i></p> <ul style="list-style-type: none"> <li>How can understanding movement concepts improve my performance?</li> <li>How can I make movement more interesting, fun, and enjoyable?</li> <li>How does my use of movement influence that of others?</li> </ul>
	<b>Grade Level Benchmarks</b>	
	<b>Knowledge</b>	<b>Skills</b>
<p><i>Students will know...</i></p> <ul style="list-style-type: none"> <li>Understanding of fundamental concepts related to effective execution of actions provides the foundation for participation in games, sports, dance, and recreational activities.</li> <li>Performing movement skills effectively is often based on an individual's ability to analyze one's own performance as well as receive constructive feedback from others.</li> <li>There is a relationship between applying effective tactical strategies and achieving individual and team goals when competing in games, sports, and other activity situations.</li> <li>Practicing appropriate and safe behaviors while participating in and viewing games, sports, and other competitive events contributes to enjoyment of the event.</li> <li>There is a strong cultural, ethnic, and historical background associated with competitive sports and dance.</li> </ul>	<p><i>Students will be able to...</i></p> <ul style="list-style-type: none"> <li>Explain and perform movement skills that combine mechanically correct movement in smooth flowing sequences in isolated settings (i.e., skill practice) and applied settings (i.e., games, sports, dance, and recreational activities).</li> <li>Explain concepts of force and motion and demonstrate control while modifying force, flow, time, space, and relationships in interactive dynamic environments.</li> <li>Create and demonstrate planned movement sequences, individually and with others, based on tempo, beat, rhythm, and music (creative, cultural, social, and fitness dance).</li> <li>Use self-evaluation and external feedback to detect and correct errors in one's movement performance.</li> <li>Demonstrate the use of offensive, defensive, and cooperative strategies in individual, dual, and team activities.</li> <li>Compare and contrast strategies used to impact individual and team effectiveness and make modifications for improvement.</li> <li>Compare the roles and responsibilities of players and observers and recommend strategies to enhance sportsmanship-like behavior.</li> <li>Apply rules and procedures for specific games, sports, and other competitive activities and describe how they enhance participation and safety.</li> <li>Relate the origin and rules associated with certain games, sports, and dances to different cultures.</li> </ul>	

**Stage 1 – Desired Results**

*Related standard(s):*

- 2.6.6.A.1
- 2.6.6.A.2
- 2.6.6.A.3
- 2.6.6.A.4
- 2.6.6.A.5
- 2.6.6.A.6
- 2.6.6.A.7

**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...*

- Knowing and applying a variety of effective fitness principles over time enhances personal fitness level, performance, and health status.

**Skills**

*Students will be able to...*

- Analyze the social, emotional, and health benefits of selected physical experiences.
- Determine to what extent various activities improve skill-related fitness versus health-related fitness.
- Develop and implement a fitness plan based on the assessment of one’s personal fitness level, and monitor health/fitness indicators before, during, and after the program.
- Predict how factors such as health status, interests, environmental conditions, and available time may impact personal fitness.
- Relate physical activity, healthy eating, and body composition to personal fitness and health.
- Explain and apply the training principles of frequency, intensity, time, and type (FITT) to improve personal fitness.
- Evaluate the short- and long-term effects of anabolic steroids and other performance-enhancing substances on personal health.