



Unit Planner: Movement, Spatial Awareness, and Sportsmanship

PE K

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*Archdiocesan Essential Curriculum > 2019-2020 > Kindergarten > Physical Education/Health > PE K (EM) > Week 1 - Week 37

Movement, Spatial Awareness, and Sportsmanship

Stage 1: Desired Results	
<p>General Information</p> <p>This unit is an overlapping unit that will be continued throughout the year. Therefore, when moving onto other units, teachers should continuously address this unit throughout the year to ensure continuity. This unit will provide students the opportunity to learn about movements safely in personal and general space, while also demonstrating good sportsmanship and effort practices.</p>	<p>Essential Question(s)</p> <ul style="list-style-type: none"> -What is movement? -How do you move safely in space? -What is sportsmanship? -What is effort?
<p>Enduring Understandings and Knowledge</p> <p>Students will understand:</p> <p>Movement</p> <ul style="list-style-type: none"> ● Identify locomotor vs non-locomotor skills ● Identify different ways people and objects move <p>Spatial Awareness</p> <ul style="list-style-type: none"> ● Identify personal vs general space ● Identify ways to move safely in space <p>Sportsmanship</p> <ul style="list-style-type: none"> ● Identify appropriate vs inappropriate <p>examples of sportsmanship</p> <ul style="list-style-type: none"> ● Identify signs and acts of good sportsmanship <p>Effort</p> <ul style="list-style-type: none"> ● Identify characteristics of good effort ● Identify importance of personal effort 	<p>Skills</p> <p>Students will be able to:</p> <p>Movement</p> <ul style="list-style-type: none"> ● Demonstrate ways people and objects move direction, levels, and pathways ● Demonstrate locomotor skills and non-locomotor skills ● Demonstrate various movements while using various speeds ● Demonstrate improvement on movement skills; such as using imitation ● Demonstrate creative movements with the body; such as big, small, tall, narrow, curved <p>Spatial Awareness</p> <ul style="list-style-type: none"> ● Demonstrate moving in personal and general space ● Demonstrate ways to move safely in space <p>Sportsmanship</p> <ul style="list-style-type: none"> ● Demonstrate appropriate sportsmanship ● Demonstrate socially acceptable behaviors in the classroom <p>Effort</p> <ul style="list-style-type: none"> ● Demonstrate characteristics of good effort ● Demonstrate importance of personal effort
<p>Connections to Catholic Identity / Other Subjects</p> <p>Religion</p>	<p>Vocabulary</p> <ul style="list-style-type: none"> ● effort ● gallop

- Develop a more conscience informed by Church teachings & exhibit awareness that rules teach one how to act at home, a school, and in the community.

Math

- Make sense of problems and persevere in solving them (e.g., counting objects in various ways, like sorting and pattern making)

- run
- jump
- hop
- skip
- slide
- walk
- leap
- bend
- pull
- stretch
- push
- twist
- swing
- turn
- personal space
- general space
- cooperation
- respect
- responsibility
- curved
- narrow
- wide

Standards & Frameworks Addressed

MD: Physical Education (2009)

MD: Kindergarten

Skillfulness

Standard I: Skillfulness - Students will demonstrate the ability to enhance their performance of a variety of physical skills by developing fundamental movement skills, creating original skill combinations, combining skills effectively in skill themes, and applying skills.

A. Fundamental Movement

1. Show fundamental movement skills.

- Demonstrate locomotor skills including walking, jogging, running, galloping, hopping, and jumping.
- Use general spatial awareness and self-space awareness in physical activity
- Demonstrate a variety of locomotor skills using various speeds.

B. Creative Movement

1. Show creative movement.

- Demonstrate spatial concepts of big, small, tall, and short in a variety of movement patterns.
- Use the body to show a variety of different shapes such as: curved, narrow, and wide.

Biomechanical Principles

Standard II: Biomechanical Principles - Students will demonstrate an ability to use the principles of biomechanics to generate and control force to improve their movement effectiveness and safety.

A. Effects on Objects

1. Identify ways that people and objects move.

- Show how to move a body forward, backward, and sideways in open space.
- Display how lowering the body's center of gravity (bending the knees) and widening the base of support (stance) will help to stop the body safely and under control.

B. Balance

1. Identify balance through movement.

- b. Show the ability to balance on one or more body parts.

Motor Learning Principles

Standard III: Motor Learning Principles – Students will demonstrate the ability to use motor skill principles to learn and develop proficiency through frequent practice opportunities in which skills are repeatedly performed correctly in a variety of situations.

A. Appropriate Practices

1. Recognize that skills will develop over time with appropriate practice and use of the correct cues.

- a. Show basic motor skills, using imitation, as a means for motor skill improvement.

Social Psychological Principles

Standard VI: Social Psychological Principles - Students will demonstrate the ability to use skills essential for developing self-efficacy, fostering a sense of community, and working effectively with others in physical activity settings.

A. Safety in Physical Activity

1. Demonstrate safety in physical activity settings.

- a. Use personal and general space safely in a physical activity setting to avoid injury.