

Milford Public Schools Curriculum Unit
Department: Physical Education
Grade: K-1
Unit: 1, Movement/Locomotor + Non-Locomotor
Approximate Duration: 6-10 weeks

UNIT TITLE	
<p>Unit Overview</p> <p>This unit focuses on movement concepts, including locomotor and non-locomotor skills. Students will learn to move safely and efficiently through their environment and understand the importance of safety and control while performing activities. Students will discover body control necessary to maintain balance. At the end of this unit, students will be able to demonstrate a variety of locomotor and non-locomotor skills including walking, jogging, running, jumping, hopping, galloping, skipping, shuffling, balancing.</p>	
LEARNING GOALS	
<p>Standards and Practices</p> <p>Healthy and Balanced Living Curriculum Framework: Content Standard 9: Demonstrate competency in motor skills and movement patterns needed to perform a variety of physical activities Content Standard 11: Participate regularly in physical activity</p> <p>SHAPE America Grade Level Outcomes for K-12 Physical Education: Content Standard 1: Demonstrates competency in a variety of motor skills and movement patterns. Content Standard 2: Applies knowledge of concepts, principles, strategies and tactics related to movement and performance</p>	
<p>Enduring Understanding(s):</p> <p>- The human body can move in a variety of different locomotor movements to move through its environment.</p>	<p>Essential Question(s):</p> <p>-What different ways can the body move given a specific purpose? -How do I move my feet and arms to perform each locomotor movement?</p>
<p>Content and Skills</p> <p><i>Healthy and Balanced Living Curriculum Framework:</i></p> <p><i>Applying Concepts and Strategies</i></p> <p>Students will demonstrate understanding of movement concepts, principles and strategies as they apply to the learning and performance of physical activities. Students will demonstrate an understanding of what the body does, where the body moves, how the body performs the movement and relationships that occur in movement.</p>	
EVIDENCE OF LEARNING	
Performance Task(s):	Additional Assessment(s):

The following Milford Public School's Academic Expectations are addressed in this task:

- Collaboration: Work independently and collaboratively to solve problems and accomplish goals.
- Critical Thinking: Use reasoning to problem solve, utilizing appropriate tools to access, evaluate and apply information.
- Communication: Communicate information using a variety of tools in multiple contexts for a range of purposes.
- Creativity: Innovate and adapt in thinking, working and learning.

PLANNING FOR LEARNING

Academic Vocabulary:

-Walking -Jogging -Running - Jumping -Hopping -Gallopig -Skipping -Shuffling
-Balance -Personal Space -General Space -Pathways -Directions -Levels -Boundaries

Model Lesson/Learning Activities:

- Musical spots
- Tagging games
- Through the forest
- Fun Run with locomotor movements
- Individual practice in personal and general space

Anchor Texts/Resources: