



Subject Area: Wellness/PE	Course: Grade K PE	
Unit 4 Title: Dribble/kick with feet	Start: January, Week 2 Date	End: February, Week 3 Date
Unit Summary: Students will explore and learn ways to dribble a ball with their feet - tapping a ball with the inside of their foot, sending it forward. Students will also learn how to Kick a stationary ball from a stationary position, while demonstrating a portion of the critical elements of a mature kicking pattern.		

Massachusetts Learning Standards

Motor Skill Development

CH.PH.02.01 Apply movement concepts including direction, balance, level (high, low), pathway (straight, curve, zigzag), range (expansive, narrow), and force absorption (rigid, with bent knees) to extend versatility and improve physical performance"

CH.PH.02.02 Use a variety of manipulative (throwing, catching, striking), locomotor (walking, running, skipping, hopping, galloping, sliding, jumping, leaping), and non-locomotor (twisting, balancing, extending) skills as individuals and in teams"

Personal and Social Competency

CH.PH.02.07 Demonstrate responsible personal and social conduct used in physical activity settings

Feelings and Emotions

CH.SEH.05.01 Identify the various feelings that most people experience and describe the physical and emotional reactions of the body to intense positive and negative feelings

CH.SEH.05.02 Apply methods to accommodate a variety of feelings in a constructive manner in order to promote well being

Decision Making

CH.SEH.05.06 Explain how coping skills (such as perceiving situations as opportunities, taking action/exerting control where possible) positively influence self-concept

Communication

CH.SEH.07.02 Apply both verbal and non-verbal communication skills to develop positive relationships and improve the social environment of the school

Peer Relationships

CH.SEH.07.03

Describe the concept of friendship and contrast qualities that strengthen or weaken a friendship, including the importance of sound character in interacting with others

Self Protection

CH.SP.09.04 Distinguish among safe, unsafe, and inappropriate touch

Awareness

CH.SP.11.01

Describe some of the ways that young children can be intentionally helpful and intentionally hurtful to one another

Alternatives

CH.SP.11.03 Differentiate between one's personal rights and those of others and use communication and problem-solving to set personal boundaries, resolve conflicts, and develop positive relationships

Transfer (Authentic, relevant application of learning to new situations)

Students will be able to independently use their learning to...use foot dribbling and kicking skills in a variety of independent, partner and whole group activities.

Meaning

Enduring Understandings

Students will understand that...

- Physical education involves developing various physical skills and abilities, as well as social and emotional competencies.
- Physical activity is important for overall health and well-being, and there are many different ways to be active.

Essential Questions

Students will consider...

- What are the benefits of being physically active, and how can a person incorporate physical activity into their daily life?
- What are the basic principles of movement, and how can people improve their movement skills and abilities?

• Learning new physical skills and improving existing ones requires practice, patience, and persistence. • Physical education can be both fun and challenging, and it provides opportunities for personal growth and development.	• How can one work effectively with others to achieve a common goal in physical activities and games? • What strategies can learners use to monitor and regulate their own behavior and emotions during physical activities? • How can students apply what they have learned in physical education to other areas of their lives?
Acquisition	
Knowledge Students will know... • Skill cues for kicking: • Skill cues for dribbling: little kicks, tap the ball	Skills Students will be skilled at... • Kicks a stationary ball from a stationary position, demonstrating 2 of the 5 elements of a mature kicking pattern. • Taps a ball using the inside of the foot, sending it forward • Moving safely in general space • Sharing and taking turns