

MSAD #54 Curriculum

Content Area: PE
Unit: Ball Skills

Grade: K-2
MLR Span: K-2

MLR Content Standard: **Movement/Motor Skills and Knowledge:** Students demonstrate the *fundamental and specialized movement skills* and apply *principles of movement* for improved performance.

Personal and Social Skills and Knowledge: Students demonstrate and explain responsible personal behavior and responsible social behavior in physical activity settings.

Performance Indicator:

G1 Stability and Force

G2 Movement Skills

G4 Skill Improvement

H3 Fitness Activity

I1 Cooperative Skills

I2 Responsible Behavior

I3 Safety Rules and Rules of Play

Performance Descriptor(s)	MSAD #54 Objectives	Instructional Resources/ Activities/Assessments
<p>G1 Stability and Force Students demonstrate positions that create stability and force.</p> <p>b. Demonstrate how body position can be adapted to pushing and pulling forces.</p> <p>G2 Movement Skills Students demonstrate a variety of <i>locomotor skills</i>.</p> <p>a. a. Demonstrate correct technique for a variety of <i>locomotor skills</i>. b. b. Demonstrate a <i>locomotor skill</i> applying changes in direction, level, and/or pathway.</p> <p>G3 Skill related Fitness Components Students identify the skill-related fitness components of balance and coordination.</p> <p>G4 Skill Improvement</p> <p>H3 Fitness Activity Students participate in physical activities to introduce the <i>health-related fitness components of flexibility, cardiovascular endurance, muscular endurance, and muscular strength</i>.</p> <p>I1 Cooperative Skills Students demonstrate taking turns and sharing while participating in physical activities.</p> <p>I2 Responsible Behavior Students follow procedures for safe behaviors, including maintaining appropriate personal space, while participating in physical activities.</p>	<p>Students will learn a variety of ball skills</p>	<p>Lesson 1 -rolling -catching -dribbling</p> <p>Lesson 2 -tossing underhand/overhand -kicking -punting</p> <p>Assessment: Formative</p>

I3 Safety Rules and Rules of Play

Students identify safety rules and rule of play for games/physical activities.

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