MSAD #54 Curriculum

Content Area: PE  
Unit: Bowling

Grade: 3-6

MLR Content Standard:

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

H. **Physical Fitness Activities and Knowledge:** Students demonstrate and apply fitness concepts.

I. **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
G3 Skill-related fitness components
G4 Skill Improvement
H3 Fitness Activity
I1Cooperative Skills
I2 Responsible Behavior
I3 Safety Rules and Rules of play
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| **G1 Stability and Force** Students demonstrate a variety of movements that apply stability and force.  
  a. Demonstrate movements that change the *center of gravity and line of gravity* during *dynamic balances*.  
  b. Show how increasing speed and mass can change the force on an object.  
  c. Demonstrate how body position can be changed to absorb force and decrease risk for injury. | Students will: Learn basic skills of bowling.  
Students will: learn bowling etiquette. | **Lesson 1**  
Activity:  
- How to hold and roll the bowling ball.  
- Proper steps and approach |
| **G2 Movement Skills** Students demonstrate a variety of *locomotor skills* and *manipulative skills*.  
  a. Demonstrate correct technique for a variety of *manipulative skills*.  
  b. Demonstrate *locomotor skills* and *manipulative skills* in combination using changes in direction, level, or pathway. | | **Lesson 2**  
Game Play  
Assessment: Formative |
| **G3 Skill-related fitness components** Students identify the skill-related fitness components of balance, coordination, agility, and speed. | | |
| **G4 Skill Improvement** Students describe why practice is important to skill improvement. | | |
| **H3 Fitness Activity** Students participate in physical activities that address each of the five *health-related fitness components* including flexibility, cardiovascular endurance, muscular endurance, muscular strength, and body composition. | | |
| **Cooperative Skills** | | |
I1 Students demonstrate cooperative skills while participating in physical activities.
  a. a. Demonstrate active listening.
  b. b. Get along with others.
  c. c. Accept responsibility for personal behavior.

I2 Responsible Behavior
Students demonstrate safe behaviors and activities.

I3 Safety Rules and Rules of Play
Students describe safety rules and rules of play for games/physical activities.