MSAD #54 Curriculum

Content Area: PE
Unit: Jump Rope
Grade: K-2
MLR Span: K-2

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
I1 Cooperative Skills
I2 Responsible Behavior
I3 Safety Rules and Rules of Play
<table>
<thead>
<tr>
<th>Performance Descriptor(s)</th>
<th>MSAD #54 Objectives</th>
<th>Instructional Resources/Activities/Assessments</th>
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<tr>
<td><strong>G1 Stability and Force</strong> Students demonstrate positions that create stability and force.</td>
<td>Students will be able to correctly swing/jump. Students will be able to swing the rope for other jumpers. Students will understand how to manipulate jump rope into a variety of shapes.</td>
<td><strong>Lesson 1</strong> -jumping over a still jump rope -jumping forward -jumping backwards -jumping side to side -jumping with one foot -make shapes with jump rope <strong>Lesson 2</strong> -review -jumping while swinging -swinging long jump rope Assessment: Formative</td>
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<td><strong>G2 Movement Skills</strong> Students demonstrate a variety of locomotor skills.</td>
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<td>a. Demonstrate correct technique for a variety of locomotor skills. b. Demonstrate a locomotor skill applying changes in direction, level, and/or pathway. c. Demonstrate combinations of locomotor skills.</td>
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<td><strong>G3 Skill related Fitness Components</strong> Students identify the skill-related fitness components of balance and coordination.</td>
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<td><strong>G4 Skill Improvement</strong></td>
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<td><strong>H3 Fitness Activity</strong> Students participate in physical activities to introduce the health-related fitness components of flexibility, cardiovascular endurance, muscular endurance, and muscular strength.</td>
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I1  Cooperative Skills
Students demonstrate taking turns and sharing while participating in physical activities.

I2  Responsible Behavior
Students follow procedures for safe behaviors, including maintaining appropriate personal space, while participating in physical activities.

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