

MSAD #54 Curriculum

Content Area: PE
Unit: Parachute

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.

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

Performance Indicator:

G1 Stability and Force

G2 Movement Skills

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</p> <p>b. Demonstrate how body position can be adapted to pushing and pulling forces.</p> <p>c. Demonstrate how to lift objects to prevent injuries.</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>.</p> <p>b. b. Demonstrate a <i>locomotor skill</i> / applying changes in direction, level, and/or pathway.</p> <p>H3 Fitness Activity Students participate in physical activities to introduce the <i>health-related fitness components</i> of <i>flexibility, cardiovascular endurance, muscular endurance, and muscular strength</i>. Students participate in physical activities that address each of the five <i>health-related fitness components</i> including <i>flexibility, cardiovascular endurance, muscular endurance, muscular strength, and</i></p> <p>I1 Cooperative Skills Students demonstrate taking turns and sharing while participating in physical activities.</p>	<p>Students will learn techniques needed to use parachute.</p> <p>Students will learn cooperation needed to use parachute during parachute games.</p>	<p>Lesson 1 -Holding Parachute Shaking/lifting parachute</p> <p>Lesson 2 -Review Skills -Review Rules -Game Play</p> <p>Assessment: Formative</p>

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.

--	--	--