Content Area: PE
Unit: Skiing

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
H3 Fitness Activity
H4 Physical Activity Benefits
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>
</tr>
</thead>
</table>
| **G1 Stability and Force** Students demonstrate positions that create stability and force. | Students will: Learn to familiarize with skis, boots and poles. Students will: learn the basic techniques of cross country skiing. | **Lesson 1**  
Activity:  
Proper use of equipment  
- How to use boots, skis, poles  
- Introduction  
- Reciprocal arm swing  
- Proper way to stand up from a fall  
**Lesson 2**  
Review Skills.  
- Proper skiing techniques (herring bone, side step, snow plow)  
**Lesson 2**  
Review and improve learned skills.  
Assessment: Formative |
| **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. |  |  |
| **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. |  |  |
<p>| <strong>G3 Skill-related Fitness Components</strong> Students identify the skill-related fitness components of balance and coordination. |  |  |
| <strong>G4 Skill Improvement</strong> <strong>H3 Fitness Activity</strong> 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. |  |  |
| <strong>H4 Physical Activity Benefits</strong> Students identify physical and mental benefits and bodily responses related to regular participation in physical activity |  |  |</p>
<table>
<thead>
<tr>
<th></th>
<th>Cooperative Skills</th>
</tr>
</thead>
<tbody>
<tr>
<td>I1</td>
<td>Students demonstrate taking turns and sharing while participating in physical activities.</td>
</tr>
<tr>
<td>I2</td>
<td>Students demonstrate side step and herring bone techniques. Students identify safety rules and rule of play for games/physical activities.</td>
</tr>
</tbody>
</table>