**Unit:Games & Sports Skills(Rolling) Grade: 3rd-5th Suggested Length:1-2 weeks**

|  |
| --- |
| **Stage 1: Desired Results** |
| **Transfer** |
| *Students will be able to independently use their knowledge and skills to…*T1: perform safe movements that provide the foundation for enjoyment, continued social development through physical activity, and access to a physically active lifestyle.T2: demonstrate a variety of motor patterns in simple combinations while participating in activities |
| **Meaning** |
| **Understandings:***Students will understand that…** practice is needed to achieve success.
* bending the knees is a vital part of landing.
* they must manage and control their body.
 | **Essential Questions:***Students will keep considering…** how is balance established and maintained?
* why do you use a curled position when rolling?
* how does tumbling build strong muscles?
 |
| **Acquisition** |
| *Students will know…** how to use equipment and space safely and properly. (3.1G)(4.5A)(5.5A)
* which exercises will help develop flexibility (3.3C)

 | *Students will be skilled…** showing a smooth transition from one body part to the next in rolling activities (3.1F)
* perform proper body weight transfer from upper to lower and body alignment (3.1G)
* demonstrate simple stunts on and off various equipment (3.L009)
* through various stationary balances on various body parts (4.1E)
* transfer weight over and on equipment (4.1G)
* demonstrate rolling skills from various starting positions (4.L009)
* combine traveling and rolling with smooth transitions (5.1F)
* combine various weight transfer and balances using different equipment (5.1G)
 |
| **Stage 2: Evidence/Assessing Learning** |
| **Performance Task(s):** *Students will show that they really understand by evidence of…** Student demonstration
* Teacher observation
* Assessments
 | **Other Evidence:***Students will show they have achieved Stage 1 goals by…** Peer observation
 |
| **Stage 3: Learning Plan** |
| **Suggested Activities:** [Gymnastics Lessons](https://drive.google.com/open?id=1cT1m3Xkfpe-pRAJzQDEu_ThEH5vYCiru)[Gymnastics Unit](https://drive.google.com/open?id=1fPwaUF6lMn2Ldtog9p_b7ly9PYew5kNc)[Scooter Unit](https://drive.google.com/open?id=0B1_YL_uWRTl4UmlYVHNCLUpvb1U) **Suggested Health:****Suggested Technology:**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Monday:  LT:    | Tuesday:LT:         | Wednesday:    LT:     | Thursday:   LT:     | Friday:  LT:       |
| Monday:     LT:    | Tuesday:     LT:    | Wednesday:  LT:       | Thursday:  LT:       | Friday:  LT:      |
| Monday:     LT:    | Tuesday:  LT:      | Wednesday:   LT:     | Thursday:  LT:      | Friday:  LT:       |

 |