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

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| **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: | | |