**Unit: Locomotor Grade: 3 - 5 Length: 2-4 weeks**

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| **Stage 1: Desired Results** |
| **Transfer** |
| *Students will be able to independently use their learning to…*T1: apply mature movement skills in order to maintain a safe and active lifestyle.T2: play a chosen game with good sportsmanship.T3: analyze their own movements in order to increase personal enjoyment in physical activity.  |
| **Meaning** |
| **Understandings:***Students will understand that…** Locomotor skills are the foundation to all game and sport skills. Discovering something new is an important part of life.
* That general and personal space are important to locomotor skills in order to maintain personal and group safety.
* Playing by the rules helps everyone be safe and have fun. Following the rules is essential to good sportsmanship
* **(3)** Continued practice will increase skill level
* **(4,5)** Having strong muscles will help movements become more controlled and skillful.
 | **Essential Questions:***Students will keep considering…** Why am I doing this?
* Why is space important while moving?
* Why do I have to follow the rules when others do not?
* **(3)** What adjustments do I need to make?
* **(4,5)** How do muscles affect my movements?
* **(4,5)** How does appropriate movement affect wellness?
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| **Acquisition** |
| *Students will know…* * How to respond to cues from the teacher
* The difference between locomotor and non locomotor
* Critical elements of locomotor skills
* **(4,5)** The major muscle groups that control these skills
 | *Students will be skilled at…** **(3.1A)**Various locomotor skills
* **(4.1J)** Jump in and out of long jump rope
* **(5.1J)** Jump a self turned rope
* **(3.1C)** Demonstrate mature form in jogging, running and leaping
* **(5.1E)** Demonstrate simple stunts
* **(4.1D)** Demonstrate control in jumping and landing for distance and height.
* **(4.1C 5.1L)** Performing locomotor skills in dynamic fitness, sport and rhythmic activities.
* Maintaining their personal space during movement.
* Self correcting movement
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| **Stage 2: Evidence/Assessing Learning** |
| **Performance Task(s):** *Students will show that they really understand by evidence of…** Student demonstrations
* **(3)**Peer observation and assessment cards
* **(4,5)** Mature movement incorporated into various game situations (*Teacher observation*)
* **(4,5)** Designing and performing a routine using locomotor skills (*such as a jump rope routine*)
* **(4,5)** Designing and teaching a new game that uses the locomotor skills
 | **Other Evidence:***Students will show they have achieved Stage 1 goals by…** Oral response to teacher's questions (*informal Q&A, plickers, exit tickets, etc*)
* Proper correction of skills based on teacher cues
* Physical response/adjustment to teacher cues
* Peer/Self observation and assessment
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| **Stage 3: Learning Plan** |
| **Suggested Activities:** [*Scavenger Hunt*](http://www.pecentral.org/lessonideas/ViewLesson.asp?ID=132926#.WWJedIjyuUk)*,* [*Follow The Leader*](http://www.pecentral.org/lessonideas/ViewLesson.asp?ID=133113#.WWJeOYjyuUk)*,* [*Toy Titan*](http://www.pecentral.org/lessonideas/ViewLesson.asp?ID=12267#.WWJeVojyuUk)*,* [*Frog Pond*](http://www.pecentral.org/lessonideas/ViewLesson.asp?ID=133159#.WWJd-YjyuUk)*,* [*Crazy Taxi*](http://www.pecentral.org/lessonideas/ViewLesson.asp?ID=133134#.WWJd04jyuUk)*,* [*Balance and Stability Lessons*](https://drive.google.com/open?id=1imGUBz2yDwI7hZicqyobwSj_ugXzPCNp)[*Warm Up Activities*](https://drive.google.com/open?id=10aLJ4LFb5GvtI1LY1-VlVg3cjgVCxo3m)[*Jump Rope Lessons and Rhymes*](https://drive.google.com/open?id=14DdYnPEyL9WYK4T-0onrH8IpxcKKNVBe)[Jump Rope Skills and Demonstrations](https://www.buyjumpropes.net/resources/jump-rope-tricks-and-tips/)Cup StackFitnessgram 1Tag Lessons /Games **Health:***Correlation between movement and heartbeat. Major muscle groups and joints needed for locomotor skills (4,5)***Technology:** *Coach’s Eye app, Heart Rate Monitors, pedometers* |
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