Anoka Hennepin K-12 Curriculum Unit Plan

Department: Physical Education

Course/Grade Level: Kindergarten

Unit Title: Basic Movement

Number of Lessons/Days: 11 lessons / Trimester 1

Unit Summary: Students will be introduced to physical education. In this unit, students will begin to explore a variety of age appropriate movement activities to develop gross motor skills. Students will learn the importance of spatial awareness and moving safely among peers. Students will learn routines and rules that will allow for safe and successful participation in physical activities.

DESIRED RESULTS (STAGE 1)

Program Understanding and/or Minnesota State/Local/Core Standards and Technology Standard(s) addressed:
 	
IV. Movement, Concept and Strategies: Students will understand that concepts and strategies impact learning and performance.
 	
    Standard 2: Demonstrates understandings of movement concepts, principles, strategies, and tactics as they apply to the learning and performance of physical activities.
        Benchmark: Students will establish a beginning movement vocabulary (e.g., start, stop, personal space, high/low levels, fast/slow speeds, hop, gallop, jump, marching, balance, weight transfer, twist).
 	
V. Social Interaction and Teamwork: Students will understand that responsible social interaction and teamwork leads to enjoyable, challenging and rewarding experiences.
 	
    Standard 4: Exhibits responsible personal and social behavior that respects self and others during physical activity settings.
        Benchmark: Students will apply classroom rules and procedures, safe practices, and share equipment and space with others.
 	
    Standard 5: Recognizes the value of physical activity for health, enjoyment, challenge, self-expression, and/or social interaction.
        Benchmark: Students will try new movement and activity skills.

Benchmark: Students will participate in a variety of physical activities.
Benchmark: Students will associate positive feelings with participation in physical activity.
Benchmark: Students will demonstrate the ability to play with others regardless of differences.

Overarching Understanding(s) from Curriculum Map/Course Understandings:	**Essential Question(s) from Curriculum Map/Course Essential Questions:**
Students will understand that….	*To understand, student will need to consider such questions as…*
• In order to be safe, their spatial awareness affects them individually. • Following rules will enhance participation. • Words and actions have outcomes.	• What is personal space? • How does personal space keep you safe? • Why are there rules? • How do my actions affect others? • How do my words affect others?
Topical Understanding(s) Specific to Unit:	**Topical Essential Questions for Unit:**
Students will understand that…	**To understand, students will need to consider such questions as…**
• it is important to use kind words with classmates during simple games. • rules and procedures help us to play fair. • they need to move safely during activities/games. • everyone has their own personal space.	• What are some kind words to use during games? • What are the rules and/or procedures? • How do I move my body safely? • What is the difference between my personal space and our shared space?

To understand, student will need to…	
know…Student will need to know the following in order to…(e.g. facts, concepts, generalizations, rules, theories, principles)	**be able to…**(Students will be able to DO…skills, procedures, processes)
- rules and routines to activities. - kind words. - personal space. - how to move their body safely. Essential new vocabulary: - Taking turns - Sportsmanship - Personal space - Safety - Rules Common misunderstanding(s): - Rules are hard to follow. - Rules are always telling me **NOT** to do something. - All shoes are ok for physical education - When I feel tired I should stop moving - Everyone's personal space is the same. - Rules don't apply when I change locations.	- verbalize a rule. - follow rules - use kind words. - respect personal space. - move their body safely. - move without stopping improving stamina