

Anoka Hennepin K-12 Curriculum Unit Plan

Department: Physical Education

Course/Grade Level: Kindergarten

Unit Title: Object Control Skills

Number of Lessons/Days: 12 lessons / Trimester 2

Unit Summary: Students will continue to develop movement skills, routines, rules and spatial awareness. In this unit students will be introduced to a variety of manipulative objects to help develop eye/hand and eye/foot coordination. Students will demonstrate how to make responsible and safe choices and improve on task behavior.

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 1: Demonstrates competency in a variety of motor skills and movement patterns.

Benchmark: Students will be introduced to basic manipulative skill such as: catching, throwing, rolling, kicking, striking, bouncing, and jump rope skills.

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.

Benchmark: Follows teacher directions for safe participation and proper use of equipment with minimal reminders.

Standard 5: Recognizes the value of physical activity for health, enjoyment, challenge, self-expression, and/or social interaction.

Benchmark: Acknowledges that some physical activities are challenging/difficult.

<p>Overarching Understanding(s) from Curriculum Map/Course Understandings:</p> <p><i>Students will understand that....</i></p> <ul style="list-style-type: none"> • Basic skills can improve enjoyment in activities. • In order to be safe, their spatial awareness affects them individually. • Following rules will enhance participation. • Words and actions have outcomes. <p>Topical Understanding(s) Specific to Unit:</p> <p>Students will understand that...</p> <ul style="list-style-type: none"> • Eyes on the object are important for catching and kicking. • Eyes on the target are important for throwing. • Basic skills will allow you to move objects in various ways. 	<p>Essential Question(s) from Curriculum Map/Course Essential Questions:</p> <p><i>To understand, student will need to consider such questions as...</i></p> <ul style="list-style-type: none"> • What are object control skills? • Why are basic skills important to me? <p>Topical Essential Questions for Unit:</p> <p>To understand, students will need to consider such questions as...</p> <ul style="list-style-type: none"> • How do I throw? • How do I catch? • How do I kick? • How do I bounce and catch? • How do I strike? • How do I roll? • How can I move a ball?
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<p><i>To understand, student will need to...</i></p>	
<p>know...Student will need to know the following in order to...(e.g. facts, concepts, generalizations, rules, theories, principles)</p> <ul style="list-style-type: none"> • Rules and routines to activities • Ready position • Dominate hand/foot • Eye contact with object or person • Personal space • How to move their body safely 	<p>be able to...(Students will be able to DO...skills, procedures, processes)</p> <ul style="list-style-type: none"> • Kick a ball • Throw and object • Catch an object • Bounce and catch a ball • Roll a ball • Jump a rope • Strike an object

<p>Essential new vocabulary:</p> <ul style="list-style-type: none">○ Coordination○ Dominant hand <p>Common misunderstanding(s):</p> <ul style="list-style-type: none">• It doesn't matter which hand you throw with.• You should step and throw with the same foot.	
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