

Anoka Hennepin K-12 Curriculum Unit Plan

Department: Physical Education

Course/Grade Level: 1st - 5th Grade

Unit Title: Intro to Physical Education

Number of Lessons/Days: Trimester 1 - 2 weeks

Unit Summary: Students will be introduced to physical education. Discussion will include class management, sportsmanship, grading, safety, teamwork, and an overview of curriculum units of instruction.

DESIRED RESULTS (STAGE 1)

Program Understanding and/or Minnesota State/Local/Core Standards and Technology Standard(s) addressed:

V. Social Interaction and Teamwork

Students will understand that safe, responsible social interaction and teamwork leads to enjoyable, challenging and rewarding experiences.

Standard 5: Exhibits responsible personal and social behavior in physical activity setting.

Benchmarks:

- 1: Students will apply with teacher reinforcement, classroom rules, procedures, and safe practices.
- 2: Students will share space and equipment with others.
- 3: Students will use equipment safely and responsibly.
- 4: Students will stop activity immediately at the signal to do so.

Standard 6: Values physical activity for health, enjoyment, challenge, self-expression, and social interaction

Benchmarks:

- 1: Students will interact positively with others regardless of personal differences.
- 2: Students will recognize opportunities to be physically active at home, or in the community.
- 3: Students will associate positive feelings with participation in physical activity.
- 4: Students will demonstrate the ability to play with others regardless of differences (e.g., gender ethnicity, disability).

<p>Overarching Understanding(s) from Curriculum Map/Course Understandings:</p> <p><i>Students will understand that....</i></p> <p>Grade 1</p> <ul style="list-style-type: none"> words and actions have outcomes. <p>Grade 2</p> <ul style="list-style-type: none"> words and actions affect self and/or others. <p>Grade 3</p> <ul style="list-style-type: none"> words and actions affect self, groups, and teams <p>Grade 4</p> <ul style="list-style-type: none"> words and actions affect self, groups and teams in various environments. <p>Grade 5</p> <ul style="list-style-type: none"> quality social interactions affect the experience and performance. <p>Topical Understanding(s) Specific to Unit:</p> <p><i>Students will understand that....</i></p> <ul style="list-style-type: none"> physical education introduces students to a variety of activities. physical education evaluates fitness levels. physical education promotes healthy living for individual/group development (sportsmanship, teamwork, and safety) 	<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> <p>Grade 1</p> <ul style="list-style-type: none"> How do my actions affect others? How do my words affect others? <p>Grade 2</p> <ul style="list-style-type: none"> What does it mean to be a good sport? Why are my actions and words important? <p>Grade 3</p> <ul style="list-style-type: none"> How will my actions and words make others feel? <p>Grade 4</p> <ul style="list-style-type: none"> What creates a good team? How can we appreciate the differences in others? <p>Grade 5</p> <ul style="list-style-type: none"> What creates a good team? How can we appreciate the differences in others? How can sportsmanship affect the outcome of an activity? <p>Topical Essential Questions for Unit:</p> <p><i>To understand, student will need to consider such questions as...</i></p> <p><i>* Same as course essential questions (see above)</i></p>
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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"> what proper attire consists of (tennis shoes, athletic clothing, etc.). rules that apply to the physical education setting. sportsmanship and team affects an activity. safety procedures. there are different ability levels. the classroom routine. 	<p>be able to...(Students will be able to DO...skills, procedures, processes)</p> <ul style="list-style-type: none"> wear proper attire. follow classroom rules. demonstrate good sportsmanship and teamwork. follow directions for safety procedures (i.e. fire drill, lockdown). accept all ability levels. follow the classroom routine when entering and exiting classroom setting.

Essential new vocabulary:

- Sportsmanship
- Teamwork
- Ability level

Common misunderstanding(s):

- All we do is play in the gym.
- We never use paper and pencil in the gym.
- All shoes are ok for physical activity.