

Objectives K-2

Skill: I will perform a variety of locomotor skills according to the teacher's cues.

Cognitive: I will discuss the ways that following directions keeps us safe.

Fitness: I will safely perform locomotor skills in order to remain physically active.

Personal & Social Responsibility: I will respect the rules and follow teacher instructions.

Standards:

1.K-1.2 Explore locomotor skills of jump, gallop, skip, hop and leap in a closed environment

4.K-1.4 Explain rules related to safety and activity-specific procedures

1.1-1.3 Use non-locomotor skills in closed and open environments and in response to verbal and nonverbal stimuli

4.1-1.4 Explain rules related to safety and activity-specific procedures

1.2-1.3 Perform combinations of non-locomotor and locomotor skills in a movement pattern

4.2-1.4 Explain rules related to safety and activity-specific procedures

Objectives 3-5

Skill: I will use a combination of skills and movement concepts.

Cognitive: I will apply my understanding of open space.

Fitness: I will remain actively engaged in order to enhance my fitness.

Personal & Social Responsibility: I will work safely while staying active.

2.3-1.1 Modify movement to meet the demands of a task

4.3-2.1 Work cooperatively with a partner or small group during class activities

2.4-1.2 Describe and demonstrate the correct movement or movement qualities based on the characteristics of the task and/or environment

4.4-2.3 Demonstrate cooperation with and respect for peers different from oneself during skills practice and within game play during physical activities

2.5-1.2 Analyze and modify a movement based on the characteristics of the task and/or environment in a dynamic or changing environment

4.5-2.2 Evaluate personal behavior during activities to ensure positive effects on others and increase cohesion of teams

Essential Questions K-2

DOK 1: How can you tell that someone is following directions?

DOK 2: How is following directions in Football Freeze Tag related to keeping us safe?

DOK 3: In a football game, who are the people responsible for making sure that players follow the rules and directions?

Essential Questions 3-5

DOK1: What is an open space?

DOK 2: How does open space affect offense? How does it affect defense?

DOK 3: What does the defense have to do to closed space?

Activities K-2

FOOTBALL FREEZE TAG

<https://openphysed.org/wp-content/uploads/2017/10/P-11-03-FlagTagGames-Activities-04-FootballFreezeTag.pdf>

fHANDOFF HELPER TAG

<https://openphysed.org/wp-content/uploads/2017/10/P-11-03-FlagTagGames-Activities-06-HandoffHelperTag.pdf>

ISLAND TAG

<https://openphysed.org/wp-content/uploads/2017/10/P-11-03-FlagTagGames-Activities-05-IslandTag.pdf>

Activities 3-5

FITNESS RELAY

https://openphysed.org/wp-content/uploads/2016/03/I-09-03-Invasion-Activities_01_FitnessRelay.pdf

TEAM HANDBALL

https://openphysed.org/wp-content/uploads/2016/03/I-09-03-Invasion-Activities_07_TeamHandball.pdf

Rubric

E = Emerging	M = Maturing	A = Applying
<p>Students participate in deliberate practice tasks that will lead to skill and knowledge acquisition</p>	<p>Students can demonstrate the critical elements of the motor skills and knowledge components of the grade-level expectations, which will continue to be refined with practice</p>	<p>Students can demonstrate the critical elements of the motor skills and knowledge components of the grade level expectations in a variety of physical activity environments</p>